DreamViews Complete Manual

A Lucid Dreaming Guide

Introduction

Help With Acronyms For Complete Beginners , by Sivason

Welcome to Dream Views! I have put together a simple list you can refer to when you run into acronyms like WILD, HH, or RC. The concepts are kept extra basic on purpose. All of the induction techniques end with ILD which stands for such and such Induced Lucid Dream.

LD: Lucid Dream
IRL: In Real Life, could be IWL in waking life.
WILD: lucid dreams that you enter after having been awake, as you fall asleep, or using some method like visualizing or deep trance like meditation. The W stands for wake, as in awake, so just remember that.
DILD: lucid dreams that happen because you figure out that you are dreaming and become lucid in the middle of a normal dream. The D stands for Dream.
MILD: Any mental trick that helps someone have DILDs. A DILD may often be called MILD if the dreamer did something to encourage it. (don't worry about the M for now)
DEILD: a lucid dream you get by laying still when you first wake up and trying to return to the dream you were just having. The DE stands for Dream Exit.
RC: Reality Check. This is when you stop and try to find out if you are dreaming or not. People who use RC are hoping to have it help them achieve DILDs. That makes RC a form of MILD. The idea is that if you question this during the day enough, then you will start questioning it during a dream.
REM: Rapid Eye Movement is a state of sleep where many vivid dreams occurs. Named for rapid eye movements that happen during it.
nREM: any state of sleep that is not REM. You can still dream in nREM but it is less common.
SP: Sleep Paralysis. Waking up and not being able to move, or something similar. Often talked about

in WILD threads because some people experience it when trying this type of lucid dream. Uncommon.
REM atonia: Experiencing the same chemical effect that causes people to stay still when they dream. Easily broken by concious effort. Experienced sometimes in WILD attempts. SP is often caused by something going wrong with REM atonia, but that is uncommon.
HH: Hypnogogic Hallucinations. Any wierd stuff that takes place in your head when you are half asleep. This may be voices or vibrations or colorful images, or many other variations. Also may be called HI for hypnogogic images.
WBTB: Wake, Back to Bed. This involves waking up anytime after about 5 hours of sleep on purpose, with the intent of going back to sleep while focusing on lucid dreams. People do this because they have a better chance of being aware in REM as the night progresses.
FA: False Awakening. It is common to lose a lucid dream because you dream that you woke up. It is always a good idea to question if you have really woken or not, if you wake from a lucid dream. You may still be dreaming, but be fooled into losing lucidity.
DC: Dream Charactor. Any of the people or animals you interact with inside a dream.
DJ: Dream Journal.

What is a Lucid Dream?, by Naiya

What is a Lucid Dream?
Being lucid means knowing that you are dreaming while you are still within the dream. This is the only requirement for a lucid dream.

"False Lucidity"
False Lucidity is a term that gets floated around DV from time to time, referring to dreams where the dreamer is not sure if they were truly lucid or not. There is no such thing as a false lucid dream. This is not a term used by any dream researcher, and it often used by dreamers to express frustration at a dream which did not live up to their particular expectations of a lucid dream. To clarify:

- You do not have to intentionally induce a lucid dream for it to be lucid. Many lucid dreams are completely spontaneous.
- You do not have to be lucid throughout the entire dream for it to be a lucid dream.
- You do not have to have ANY control over the dream whatsoever for it to be a lucid dream.
- You do not have to be able to think as clearly as you would in your waking life for it to be a lucid dream.

Here are some examples of lucid dreams:

- You do a reality check in a dream, and you conclude that you are dreaming. However, you get so excited that you wake up. This is a lucid dream, but one in which the dreamer did not have enough stabilization technique to keep the dream going.
- You have a false awakening, do a reality check, and conclude that you are dreaming. You run off to explore the area, but you get lost in the dream plot and completely forget that you are in a dream. This is still a lucid dream, but one in which you have lost your lucidity.
- You realize you are dreaming and decide that you want to do the Dreamviews Task of the Month. You can't remember what it was, so you decide to log onto your computer to find out. It does not occur to you that your dream computer will be inaccurate. You do the task you find on your dream computer and wake yourself up so you can record the dream without forgetting any details. This is a perfect example of a lucid dream with very low clarity of thought and illogical thinking, also known as a low-level or low-quality lucid dream. Being lucid does not always guarantee that you will think clearly. This is why it is very important to keep thinking logically even AFTER a successful reality check. You may have a poor awareness of your surroundings, but you still know it's a dream.
- You recognize one of your dream signs and realize that you are dreaming. You decide that you want to try a classic--flying. You run to your balcony, climb up and jump. Only to fall flat on the ground. Even thought you know it's a dream and that you should be able to fly, you just can't seem to get up in the air. This is a lucid dream in which there is little or no dream control.

Control vs Lucidity

Dream control is one of those difficult things for most people. Some are better at passive control, while others are better at active control. Some people just need to get more ideas; it is different for everyone, so if your control wasn't perfect, or not even present, again, that's just normal. A lot of people I know that have had a lot of lucid dreams still have problems with control. It doesn't mean they weren't lucid, just that they were unable to control the dream. Why? Well, that's up to the dreamer to find out.

Are there "levels" to Lucidity?

Generally, you either know you are dreaming or not. If you are aware on some level it is a dream, but not conscious of this, you may be pre-lucid, but you are not yet fully lucid. The level of lucidity is defined by the quality of the lucidity and clarity of thought. While you may know you are dreaming, you may not always have clarity of thought. For example, you may know you are dreaming, but when you see a UFO, you fear that the aliens will be able to hurt you physically. Or you may meet a dream character and assume that they are their real-life counterpart. This is a lower quality lucid--while you know you are dreaming, you may not be aware of all of the implications of this knowledge. This is why so many lucid dreamers will stress the concept of awareness--it is very important to teach ourselves to constantly be aware of our surroundings and think logically. The most confusing when it comes to lucidity is likely awareness. For example, in a dream you may say something like "Yeah, it's

like that because we're dreaming" to a DC. It is one thing to say something, and another thing to understand it. Here you may not have been aware of what you said, so it meant nothing. If it meant nothing, then it was NOT a lucid dream. But what if you did understand it? In this case, you were lucid, whether you were able to change the flow of the dream, have good clarity or not, is not important to this; you may be able to next time. It is difficult to explain to people how to differentiate if they were aware of what was said or not, so this is completely up to the dreamer to decide. Another problem with awareness is that people sometimes take for granted what the dream tells them, like when you treat a DC as you would treat a real person when you didn't intend to (Or at least not once you wake up). For example, let's say your dream mom, asks you to wash something, and maybe you live with your parents, maybe not; but even so you still will see this as an obligation and do it, right? That you weren't aware of the fact that it was only a dream and it didn't matter whether or not you did the action means your awareness wasn't good, but won't change the fact that you were lucid. This I think, goes hand-to-hand with the logic problem, but should be treated separately from being lucid, just as dream control is.

Are there Lucid Nightmares?

Yes. Since being lucid does not mean you will always have control or be able to think logically, there may be times where you know you are dreaming and you are unable to overcome your nightmare through dream control.

The Beginner's Guide to Lucid Dreaming , by Puffin

The Beginner's Guide to Lucid Dreaming

Welcome to Dreamviews, a site dedicated to lucid dreaming and other sleep-related topics! You must be here because you want to learn more about lucid dreaming, and perhaps get started on preparing to have your first one. The whole lucid dreaming endeavor can be pretty intimidating, but you can breathe now. This guide puts all the basic info on lucid dreaming (LDing) into one page, with links to different guides and resources, so you don't have to look all over the place to find what you're looking for.

Intro (FAQ)

What is a lucid dream?

A lucid dream is any dream in which the person is aware that he or she is dreaming. In other words, they are conscious of what's going on around them (unlike in an ordinary dream). Check out Naiya's guide here for more information.

Who can lucid dream?

Anyone can lucid dream if they are dedicated to trying it out.

Why lucid dream?

Anything is possible in a dream, even more so in a lucid one! You can travel to different places, fly, talk to people you'd never otherwise meet, and alter the dream environment itself. The limit is, literally, your imagination - if you can think of something to do, you can do it in a lucid dream. Lucids can also be a source of inspiration for creative people; there's no telling what your mind will come up with, and in a lucid dream you have a first-row ticket to observe concepts and ideas forming right in front of you. You can be productive and do things you wouldn't be able to do in waking life, during a period of time where most other people will simply be "sleeping".

How hard is it?

Achieving lucidity can be done with fairly little effort for the easier techniques (such as DILD); other techniques (such as WILD) may require more effort on the dreamer's part. If you happen to have issues with something related to lucid dreaming, the users on the Dreamviews forum are happy to answer any questions you have.

What do I have to invest for successful lucid dreaming?

Nothing except your determination and belief that your first lucid is right around the corner. There is no need for fancy gadgets or lucid dream-specific products.

How do I get started?

As someone who is interested in lucid dreaming, you first must take into account your ability to remember (or recall) dreams. Dreams are formed during a period of deep sleep called REM. Everyone dreams each and every night, but sometimes they don't remember anything they dreamed about. Because of this, some people believe they don't dream at all, but this is not the case. One simply has to practice remembering their dreams and eventually they could remember upwards of two or three a night, maybe even more. Even if you hardly ever remember your dreams, you can work your way to recall just like anyone else.

How to remember your dreams:

- Alcohol suppresses REM sleep, which is when dreams are formed. As little as one glass could stop recall in its tracks. Avoid drinking if you're trying to remember your dreams.
- Upon waking up in the morning, relax and try not to move around too much. Allowing your body to relax helps keep your brain in "sleep mode" for a few minutes, which helps you remember your dreams better.
- Avoid watching television or being on the computer at least an hour before bed. The bright lights can make it harder to fall asleep, mess up your internal sleeping pattern, as well as harm your ability to recall dreams.
- Taking vitamin B6 supplements has shown to improve recall.
- Drinking a glass of apple juice two or three hours before bed can help, while foods such as tuna, bananas, chicken, and turkey are good sources of vitamin B6 which you can try if you

don't want to take the vitamin in pill form. Chocolate has also been reported to work, although not as effectively in some cases. Find what works for you and stick with it!
- Tell yourself that you will remember your dreams. Repeating "I will remember my dreams" or something similar to yourself will help prepare your mind to recall what you dreamed about that night, and serve as a type of placebo effect. The mind is powerful, and in the case of lucid dreaming, there isn't any harm in bringing it to its full potential.
- Have confidence that you will remember your dreams! Belief is an important aspect of lucid dreaming, for recall as well as controlling your dreams (but we'll get to that later).

It's important to record your dreams. Keeping a dream journal is critical because physically writing or typing down your experiences in sleep allows you to flex your dream memory - as with any muscle, your memory becomes stronger with exercise. A few select people can bypass journaling and simply recall their dreams in the morning, but the majority of people need a system to help practice remembering their dreams.

Why is dream journaling so crucial to lucid dreaming? If you cannot remember your normal dreams, you may not be able to remember your lucid ones. Just because you are aware in a dream, it doesn't mean you'll be able to recall it any better; all dreams are remembered in the part of the brain that processes dream memory. Lucid ones are also processed in this way, and not in the waking memory area. Once you can remember at least one dream per night and have a nice dream journal going, you're ready to move onto the next step: learning about dream signs and reality checks.

Dream signs and reality whats?

A critically important part of lucid dreaming is, well, knowing how to confirm that you're dreaming.

- Dream sign - a telltale sign that you're dreaming, which can be something present in the location of the dream, an anomaly regarding your own actions (you're more confident than normal, for example), or another obvious signal that you're not awake at the moment. A flying pig, being in an unknown location, or being on the run from a person you've never met all scream "you're dreaming!"
- Reality check - a quick action on your part that allows you to confirm whether you're currently dreaming or not. If you become aware in a dream, you need something to make sure you're not awake, or you could end up losing your awareness. There are certain things that work differently in real life than in dreams, and these are deemed "reality checks".

List of reality checks:

- Plug your nose - this can be slightly awkward to do in real life, but it may be the most reliable RC yet. Plug your nose and try to breathe through it; in real life you'll feel pressure in your nose and chest, and obviously won't be able to breathe. Here's the catch - in a dream, you

won't feel any pressure, and the air will rush into your lungs as if nothing was blocking it! Be sure you know this reality check because it rarely fails!

- Count your fingers - Look at your hand and see if you have the proper amount of fingers. In a dream you can have less or more fingers, as well as fingers sprouting off of other fingers... Quite a sight to behold.
- Digital clock - Look at the time on a digital (not analog) clock and see if the time is unrealistic, like 1:98 or 8:62. You can also look at the clock, look away, and check the time again to see if it's changed; it may even change before your eyes.
- Reading - Sometimes in dreams, writing can be distorted or nonsensical, and change when you look away and look back again.
- Push your finger through your palm - Try pushing one of your fingers through the palm of your other hand. It may take a bit of effort, but if you're dreaming it will may go through as if you were a hologram or made of jello.
- Lights - Turn a light switch on or off to see if the light levels change. In dreams, the switch may not do anything, or the lights in the location could be dim.
- Location - Where are you right now? Can you remember how you got there? In a dream you can have no memory (or false memories) of how you ended up in a certain place, or you may be somewhere you shouldn't - such as on mars.
- Gravity - Expect yourself to float upwards and see if you do or not. Or, simply see if you can feel gravity acting on you right now.
- Grogginess or lethargy - In dreams, sometimes you're groggy and do things without really thinking about it. Sometimes you can feel tired like you do when staying up late at night.

The next step? Choosing the right technique(s) for you! Be sure you have a couple of the reality checks above memorized, most importantly the nose-plug one, and put them in your LDing toolkit. You're going to need them once you become aware in a dream.

The different techniques

LDing is all about awareness; because of this, some consider it a form of meditation since you are developing internal and external consciousness. The very definition of lucid dreaming stems from the word "lucid", which loosely means "to have a rational and conscious awareness of one's surroundings and actions". In this case, you will become aware that you are dreaming, hence the term lucid dreaming. There is a medley of different induction techniques available, the majority of which require a certain level of awareness from the individual. Here is a list, description, and links to tutorials of the most popular lucid dreaming methods.

1) DILD - "Dream Induced Lucid Dream"

As the name implies, the person becomes aware when they are in the dream. Often the dream has already commenced and lucidity is triggered randomly in the dream's duration, be it near the beginning, in the middle, or at the end. DILDs are often spontaneous and you cannot necessarily

predict when your next one will be. The main way to induce a DILD is to practice waking awareness, by means of questioning if you're awake or not, analyzing your actions, and developing an awareness of what's around you. When the person becomes conscious in the dream, they usually stop what they're doing and may ask out loud, "this could be a dream!" or "I'm dreaming!". They then perform a reality check or two.

2) WILD - "Wake Induced Lucid Dream"
The person goes directly into the dreaming state from a waking state. This involves relaxing to trick your body into falling asleep, while you consciously observe the dream formation process and its stages. You often experience hallucinations and might even experience some paralysis (not required) as the dream forms, which are typically not observed because the person is usually unconscious by the time they happen - however, the point of a WILD is to remain conscious while your mind creates a dream, so you get a front-row seat in this process. The person is aware as soon as they enter the dream. WILDs can be done on demand and there is no randomness in when you will have one, since you are purposefully inducing one yourself. They also tend to be more vivid than DILDs.

WILDs are difficult to achieve without prior sleep that night; therefore, it's best to combine it with the WBTB technique (see below) and do a WILD after 5 - 6 hours of sleep, or during the day with a nap.

* Thet term Sleep paralysis (abbreviated SP) has been misused and the real term for paralysis in REM is called REM Atonia. It is the total or near-total paralysis of one's body during REM sleep, which is a safety mechanism to prevent the person from acting out their dreams. It can sometimes be accompanied by feelings of "rushing", vibrations along the body or in isolated areas, whispering, thumping noises, and other auditory and visual hallucinations which may be rather frightening at times. It is all produced by the mind so it is totally harmless, but it helps to read up on other peoples' experiences so you know what to expect before trying the WILD technique out. You don't need to experience any paralysis for the WILD attempt to be successful and you shouldn't view it as a stage of sleep you aim to reach, but rather see it as a cue that you're on the right track if you do get any sensations.

There are three outcomes in a WILD:
1. the dreamer may become too focused on any hallucinations they're experiencing or become overexcited, and snap out of the dream transition prematurely which negates the attempt.
2. the dreamer will be thrown into a dream scene - success!
3. the dreamer may believe they failed the attempt, but are actually in a false awakening, or a dream in which the person only believes they've woken up. If they perform a reality check and discover they're dreaming, success!

Once in the dream, or even if they think they may have failed the WILD, the person performs a reality check.

3) DEILD - "Dream Exit Induced Lucid Dream"
A DEILD is a WILD without all the preparation, relaxation, and (for the most part) the feeling of being paralyzed which may be too uncomfortable for some to experience. The person wakes up from a dream and doesn't move or open their eyes. They continue to breathe normally. As soon as you woke up you were not in sleep paralysis anymore (since you were no longer dreaming). The objective is to trick your body into think you are still asleep, so it re-initiates the sleep paralysis and therefore sends you back into a dream, consciously. The whole process, if done correctly, can take as little as ten seconds. The dreamer can speed up the process by actively visualizing a dream scene when they wake up, and imagine auditory or tactile (sense of touch) sensations.

4) MILD - "Mnemonic Induced Lucid Dream"
This technique is relatively simple and possibly the easiest technique. It causes DILDs through the power of suggestion. It relies on the person telling themselves that they will have a lucid dream and being as certain as they can about it, which acts as a placebo effect on the mind. One could even act that they "know" their next lucid will be that night.

5) WBTB - "Wake Back to Bed"
It involves the person waking up after five or six hours of sleep, staying up for a brief period of time (often 10 - 50 minutes, but sometimes more or less) and then going back to bed. One may also do some simple logic puzzles or math problems. It is thought that waking up at night also wakes up the logic center of the brain, which may make it easier to induce a lucid dream (this makes it a precursor to the DILD technique, as using WBTB causes a lucid dream in the same manner as DILD). It is an effective way of inducing LDs but can prove difficult for people who can't lose sleep, such as those who have to get up early for work or school. Lucid dreamers often combine the WILD technique with this method, since it's difficult to achieve a WILD without waking up in the middle of the night (or during a nap).

6) CAT - "Cycle Adjustment Technique"
This induction method relies on your internal sleep cycle and "REM rebound" to produce lucidity. The dreamer uses an alarm clock to wake up 90 minutes earlier than they normally do for at least a week, so their body becomes used to being aware and awake during this period of time. After this, the person does not set their alarm clock and continues to sleep. At this time, they have a good chance at becoming lucid because the mind was expected to wake up, but the person is still asleep and in a dream. The mind waking up while in a dream = lucidity. This method is essentially the precursor (or supplement) to a DILD.

More techniques to consider

The following are techniques that are unique (but successful) variations of the above methods! They are created by users of the Dreamviews forum who have experience in lucid dreaming.

FILD - Finger Induced Lucid Dream (variation of WILD)
CANWILD - Custom Alarm Induced WILD (variation of WILD)

I got my technique down. Now what?

Your first lucid dream... Congratulations! When someone has their first LD, they may become excited by the sheer feeling of freedom that comes with the knowledge that they can now do anything they want. If this is the case, relax and breathe deeply. Say out loud that you're dreaming, and pay attention to your surroundings.

Stabilization

When you become lucid, you want to spend more than just a few minutes in the dream, so it's important to extend the dreamtime as much as possible. Grounding one's self in the dream is referred to as "stabilization". You can easily accomplish this by doing the following...

- Touch things - the walls of buildings, objects, and anything else that happens to be nearby. Doing so will make your brain work to imagine what the object(s) will feel like, therefore taking your attention away from your physical body and drawing it towards your dream body.
- Rub your hands together - this works the same way as touching objects.
- Dream spin - slowly spin in a circle, looking around you and taking in all the details of the dream location. This too helps keep your mind engaged in active dream formation by filling in previously-empty "patches" in your location.
- Say that you're dreaming - simply shouting out "I'm dreaming!" or repeating it to yourself will help stabilize the dream, but it's best to pair this method up with one of the above ones.
- Don't think of your physical body! this is a big no-no, because you can end up focusing too much on yourself sleeping in bed and kick yourself out of the dream. If you find yourself going this route, quick touch an object and tell yourself that you're dreaming. Distract yourself until the thoughts go away.

Dream Control

Possibly the most exciting (and sometimes intimidating) aspect of lucid dreaming is the ability to alter the dream itself. Since you are aware within a dream that you know isn't real, and is only the product of your mind, you can take control of the dream itself. Dream control is relatively simple, and rests on one thing - expectations. Believing strongly and as fully as you can that something will happen or work a certain way is the best technique for dream control, although there are two distinct types.

1. Active Control
This type of control involves the dreamer commanding a certain action to the dream, such as "increase lighting conditions!" or "my friends will be around the corner". The more confident and assertive the dreamer is in commanding something, the easier it will be to control the dream. Using this method makes it easier to maintain lucidity, because what you say helps to maintain a sense of control in the dream.

2. Passive Control
This type of control involves the dreamer putting on the persona of an actor and simply "knowing" something will occur. They passively observe changes in the dream without commanding anything, and act as if they're in a movie they've seen a dozen times over. For instance, the person may "know" that someone will walk around the corner, or "know" that the moon will collide with the earth. This can be easier to do than active control, but you also may lose lucidity quicker unless you can keep reminding yourself that you're dreaming every few minutes.

Both types of control rest on belief. To a certain extent, they also rely on visualization. If you expect someone to turn around the corner and walk towards you, don't just blindly command them to and let the dream do the rest. If you don't visualize what they look like, which becomes easy with practice, the dream will fill in the missing details and the person may look "off", or something about them may not look right. This goes the same for changing locations and other dream control activities.

List of common dream control activities and examples of ways to do them:
Teleportation - going to a new location in the dream. One can walk through a mirror and fully expect a location of their choice to be on the other side, while visualizing it at the same time. Another method is simply opening a door if you're inside a building and knowing that location will be on the other side. Again, visualization is important here. A final technique commonly used is dream spinning (it's not just for stabilization) - spinning faster in a circle while visualizing a change in your location can work, but don't lose focus on what's around you, or you could wake up.
Summoning dream characters (DCs) - a lucid dreamer will most likely want to try making a person of their choice appear in a dream, whether it be a crowd of people or a single person. You can always search for the dream character in a place you think they might be, but this can waste precious dream time. Instead, simply turn around and either fully expect them to be there, or even say out loud, "[name] will be here when I turn around". Visualize them as you do this. Or, walk around and use the same method to make them appear around the corner. You can also pretend that you are meeting someone at that very moment, and that they're never late for meetings (this way, they will be sure to appear as soon as you decide to summon them).
Flying - another entertaining and commonly-used dream control activity. Saying "I will be able to fly" in the dream, or fully knowing you have the power to fly is key in achieving liftoff. Different ways of getting off the ground include taking a running start and jumping with no fear that you'll fall back down (there is no spoon), flapping your arms as if they were wings, summoning a jetpack or other

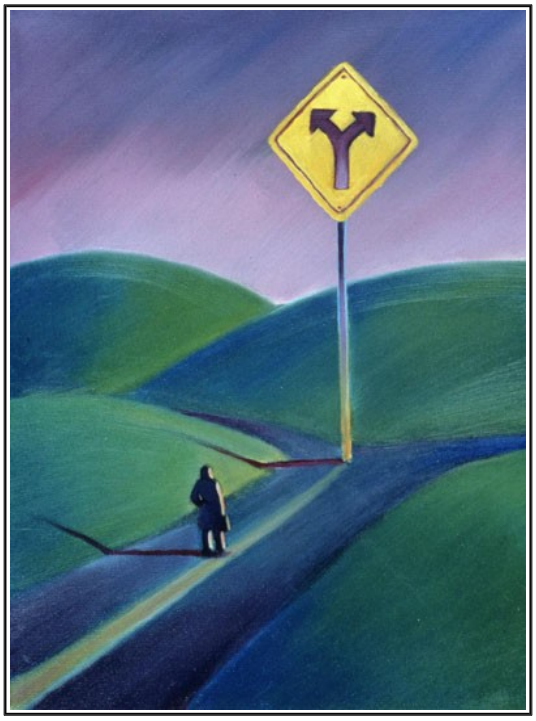
device to assist with flight, or drinking a magical potion that will grant you the ability. There are many other ways but that is just a few. Feel the acceleration as you pick up speed in your flight, and don't pay attention to the fact that what you're doing just isn't possible. You're not awake, so it shouldn't matter! Another technique for flying is knowing that you've always had the power to do so, and that it comes naturally to you. You can also use this for other special powers such as pyrokinesis, breathing underwater, etc.
Shapeshifting - Changing form into that of an animal, other person, or other creature is an intriguing but sometimes complicated process. There is the active approach, where you can see yourself changing shape (this relies heavily on expectation and visualization), and there is the passive approach. The passive approach simply involves the dreamer already knowing they've shapeshifted into something else, or knowing that they've always been in that certain form.
Other special abilities - There is no limit to what someone can do once they're in a lucid dream. Pyrokinesis (controlling fire) and the control of other elements, telekinesis (controlling objects with one's mind), super strength, invincibility, and invulnerability are all possible, but those are just a few things in a vast array of different skills you can use in an LD. Your mind will make it happen if you believe in it! And don't forget to visualize that wave of fire exploding from your hand, that bullet ricocheting off your body, or that car being lifted off the ground!

A big part of the forum is its list of acronyms, or abbreviations. Since we're a bunch of lazy typers, we've shortened some words and terms to make reading and posting go along smoother.

List of commonly used acronyms:

LD - lucid dream
DV - Dreamviews
CAT - cycle adjustment technique
DC - dream character, a person present in your dreams
DJ - dream journal
DEILD - dream exit induced lucid dream
DILD - dream induced lucid dream
FA - false awakening, when the person dreams that they've woken up and are back in their bed, but are actually still asleep
HI - hypnagogic imagery, hallucinations present during sleep paralysis
MILD - mnemonic induced lucid dream
PM - private message, a message you send to someone on the DV forum
RC - reality check, an action that confirms whether you're dreaming
REM - "Rapid Eye Movement", the period of sleep where dreams are formed, and often involves the quick movements of one's eyes (hence the name). Sometimes this occurs during sleep paralysis.
SP - sleep paralysis
WBTB - wake back to bed
WILD - wake induced lucid dream

Find out What Technique is Right for You! , by Mancon



Don't know which technique to choose? Can't decide? Hopefully this thread will help! First of all, if you don't know what all the main techniques for lucid dreaming are click here. It will describe all the main techniques. When you look these over ask yourself: does any technique stand out? You should choose a technique that appeals to you the most and works best with your lifestyle.

DILD- If you don't feel like waking up in the middle of the night for lucid dreaming this might be a good technique for you. This technique involves doing reality checks/being aware throughout the day so that the checks/awareness carry down into your dreams and make you lucid! Are you good at reminding yourself to do certain things during the day? Are you generally aware of things around you and you wouldn't be bothered by doing reality checks (like pinching your nose) in public. If you said yes to all of the above, DILD would be a good technique for you. Do you have a common object/person/theme that always appears in your dream? This is called a dream sign. People that have a lot of dream signs or one specific dream sign would also like DILDing.

WILD- If you are the kind of person that randomly wakes up in the middle of the night/doesn't mind getting up in the middle of the night you might like WILDing. WILDing is good for people who can easily be relaxed, can stay still, and are patient. V-WILD is another variation of WILDing. If you are good at visualization and can imagine things easily, check out my VILD guide below!

WILDing is best with a WBTB, but can also be attempted while napping. So if you are a person that naps during the day...WILD!

MILD- MILDing is good for people with a busy lifestyle. It only requires a few minutes before going to sleep. If you are confident, good at autosuggestion, and can remember your dreams well - MILD!

Things You Should be Aware of:

-Don't expect a technique you choose to start working right away. It can take a few months or even a year to have your first lucid dream. It really just depends on the person. DO NOT give up after just a couple weeks of trying a technique. You have to stick with it!
-There is no technique that is "the best". Different techniques work better for different people. It all just depends on you.
-A lot of newbies tend to choose to WILD when they first start out. This is fine, but when you WILD you need patience. It doesn't work right away and you need to keep practicing to get better at it. WILDing is often recommended for people who are more experienced.

DILD - "Dream Induced Lucid Dream"

Official Dreamviews DILD Tutorial

DILD Tutorial: Dream Induced Lucid Dream – DILD, Basic Tutorial for Beginners

What

DILD is one of the two main induction methods that you can use to get a Lucid Dream.
The main difference between DILD and another main induction method called WILD:

DILD - you go to sleep normally. Then when in a dream, you realize you are dreaming.
WILD - you let your body fall asleep while you keep your mind aware, until dream is ready and you enter it without losing consciousness.

How

As I mentioned above, you have a DILD, when having a regular dream and you suddenly realize that you are dreaming. In order to realize that, we have to teach our minds to ask a question "Am I dreaming?" when in a dream. This is done by asking the same question during day. While doing this, believe that you are in a dream.

- During the day, no matter what you are doing, stop and ask yourself "Am I dreaming"?
- Look around. Examine your surroundings. Does everything look the way it should?
- Ask yourself how you got there. What have you been doing 5 minutes ago? And before that?
- Now it's time to do a Reality Check (RC), and a mantra (simple phrase that you repeat).
- There are many different RCs and mantras that you can chose from, or you can make your own.
- For this example I will use the classic "looking at hands" RC with mantra.
- Bring your hands up to chest level and look at your palms.
- Examine them. Do they look as they normally do? Count your fingers. Don't presume how many you have.
- Say "Next time I'm dreaming, I look at my hands and realize I'm dreaming."
- Put your hands down, bring them back up and repeat RC with mantra a few times.
- It doesn't really matter how many times you do it. What matters is that you believe that you could be in a dream, you just don't know it yet. Don't, at any point, think to yourself "No, I'm not dreaming."
- Repeat above steps when you are sitting on your bed ready to go to sleep.
- As you are falling asleep, repeat your mantra only.

It would be best if this mantra is the last thought you have just before you fall asleep. If it keeps you awake, start falling asleep normally and say your mantra when you are close to falling asleep. Or say it a few times, then just go to sleep normally. Pretty soon this behavior starts happening in your regular dreams and you will gain awareness and become lucid. How soon, that's different for everybody. It could be tonight, or in a few weeks or in a month.

It really helps if you are excited about the prospect of having the greatest adventure you can imagine, and if you know that you will, without any doubt. Additional RCs you can add to/replace the "looking at hands" RC. It's good to do at least 2-3 different RCs at the time. Pick your favorites or make up your own.

1. Looking at hands + Counting fingers
2. Nose plug
3. Thumb/palm
4. Gravity
5. Try to change something
6. Switches
7. Reading

1. In Waking Life (IWL) Look at your hands, palms up and notice details. Count your fingers. In dream, look at your hands. Do they look normal (color, shape, size, can you make your finger longer?) Count your fingers. Do you have the right amount? This is a good RC, because your hands are always there, IWL and in a dream and you can practice this discretely.
2. IWL - pinch your nose shut with your hand and try to breathe. If you can breathe, you are in a dream. Also a good RC, because your nose is always there, little less discrete to practice.
3. IWL - Try to gently push your thumb through a palm of your other hand. Pay attention to the sensation. Anticipate, that it will go through. In dream, do the same. If it goes through, you are dreaming. Good RC also because you don't have to go and look for them and quite discrete to practice.
4. IWL - Say, "If this was a dream, I could levitate" and expect to float up. Do the same in a dream. Good RC, you can do it anywhere and totally discrete.
5. IWL - look at something and say "if this was a dream, that [something] would be [something else]. You can think of an item being some other item, or try to change color, size, movement... It's fun and it transfers into your dream very well. Don't forget to use emotions when doing it - be sure you are in a dream, so the thing will change.
6. Try to turn on a light switch. In a dream, flipping a switch usually won't do anything. But people do report that they can turn on lights in a dream. And if there is no light switch near in a dream, you would have to look for one and waste your time.

7. Try to read. In a dream, you can read, but when you take a second look, it will say something different, or gibberish. Also time on a clock may have letters instead of numbers. But it can also look correct. And you have to find a clock in a dream before you can do RC.

What you just read is a basic practice, that is perfectly capable to give you a LD tonight.

You can of course read more and expand on your knowledge and apply your own ideas, so it works for you the best it can.

Puffin's DILD Guide

SAT - Sporadic Awareness Technique: A DILD Variation by Puffin

Here you will learn about my own variation of the DILD technique, which has accounted for more than ninety percent of my lucid count. I began lucid dreaming in 2009 and developed this technique over the first few days of being on Dreamviews, which improved my count to the point where I'd get up to 9 DILDs a week. I've been using the same method ever since! In summary, I use a combination of awareness and skepticism at random points throughout the day, which emulates the most common scenario of becoming lucid in a dream: when you become aware right out of the blue. Whether you're just starting out, or have been chasing down lucid dreams for months, I hope you enjoy reading this tutorial. Although I'm sure it can help you achieve your first LD or help you raise your LD count, remember that these are personal and somewhat unique techniques so don't be discouraged if they don't work right at first. Throughout the guide, the technique will be referred to as SAT, the acronym for sporadic awareness technique. I've done my best to ensure that you not only learn the technique, but understand in terms of basic dream lingo, why the technique works.

First Steps

About DILD

The original DILD technique stands for dream initiated lucid dream, and is sometimes called the technique for beginners because it's considered easier to undertake than WILD, and less stressful on the dreamer. It involves the person becoming lucid, or aware that they're dreaming, when they're in the dream itself. Usually the dream has already commenced and the person becomes lucid through an epiphany or a burst of sudden awareness. DILD is one of the most common lucid dream induction techniques out there.

Work on your recall!

Being able to remember what you dreamed about, also known as recall, is important because if you can't remember your dreams, you won't remember your lucid ones either. At best, you may know you've had a lucid, but won't be able to remember the details. You should remember, minimally, 1 dream a night before trying SAT.

How to improve your recall

- When you wake, try just relaxing in bed with your eyes closed. Focus and think of key words, seeing if they resonate with something you dreamed about. Staying relaxed helps keep your brain in "sleep mode" for a few moments so you may be able to recall dreams easier. Sometimes, if you are just lying in bed, you might get fleeting images of what you dreamed about; from my own experiences, if you keep trying to bring those images back into your mind, the memories will grow into a fully remembered dream.
- Go on Dreamviews and read other people's dreams to see if they remind you of one that you had.

- Alcohol reduces the amount of time you spend in REM sleep, which is the time dreams are formed. Limit your intake if you're trying to recall dreams!
- Drink some apple juice a few hours before hitting the hay.
- Take some vitamin B6 - be sure to look for the proper dosage so you don't take too much.
- When you wake up naturally during the night, record dreams you remember now - you might forget them later on.
- Limit the amount of TV you watch, and the time you spend in front of your computer's bright screen before bed. Light is very stimulating and can keep you awake, reducing recall.
- Keep a steady sleep schedule. Go to bed within an hour of the same time each night, and wake up the same time each morning, regardless of whether it's a weekend or weekday.

About Awareness

Let's start from the beginning. You may have heard that dreamers usually become lucid after doing reality checks or seeing dream signs. But, in 99% of cases, this isn't true - usually it happens the other way around: the person all of a sudden realizes they're dreaming, and then they use a reality check or look for a dream sign to back this fact up. Yes, dream signs and reality checks can trigger lucidity occasionally, but they don't work unless you're aware enough to notice them in the first place. If you only practice the motions of looking for dream signs and doing RCs without really putting thought into them, you'll end up doing them in your dreams without thinking about it. We have a habit of walking in real life so we will naturally walk in our dreams, but we think nothing of it. Making RCs into a habit and a routine procedure will do something similar, which won't necessarily help with becoming lucid. Also, dreams won't always contain dream signs. If you only train yourself to recognize a few, what about all the other ones that could appear? Do you really want to wait for a dream sign to pop up and reality check only when you see one? Or, you can work on overall awareness, reality checking anytime, so even if you don't see a dream sign you have a chance at lucidity. It should be mentioned that some peoples' dream signs involve the lights not working, or something that rarely ever happens. You can't reality check that much unless the lights are constantly going out. So as a rule, reality checks are almost always only used for confirmation and not to cause the actual lucidity. Think of how "lucidity" is defined - it means to have a certain clarity of mind and mental awareness, which you can't develop from simply going through the motions of a reality check. In fact, reality checks don't even need to be used at all to become lucid; awareness is all you need. You just have to be mindful. But RCs are still important because they are a way to confirm if you're in a dream.

The "typical" dream induced lucid dream (DILD):

1. The dreamer is totally unaware that he/she is dreaming, and is simply going about their normal business. Their surroundings don't necessarily have to look "off" or unusual in any way.
2. The dreamer stops, suddenly conscious. "What the...? How did I get here?"

3. It occurs to the dreamer that they could dreaming and they may repeat this out loud. "I must be dreaming!" they say, and then they perform a reality check, such as plugging their nose - if they are dreaming, they will be able to breathe normally through their nose.
4. The reality check may work or fail; in other words, they may be able to breathe, or not be able to breathe.
If the RC works (they can breathe) - the dreamer confirms that they are indeed in a dream, and proceeds to go off and do something after stabilization.
If the RC fails (they can't breathe) - if the dreamer isn't very aware, they might go unconscious again and continue to go on without knowing it's a dream, but if they are conscious enough, they may perform another reality check just to make sure. This one will usually work, and they will then perform stabilization and proceed to do something in the dream.

Here's a list of the most common reality checks, or RCs, used.

- Nose-plug:* plug your nose and see if you can breathe through it. In a dream, you'll be able to breathe.
- Finger-counting: check your hand and see if you have the right amount of fingers. In a dream you can have less or more fingers.
- Digital clock: look at the time on the clock, turn away, and look back to see if the time has changed. See if the time is unrealistic, such as 27:44 or 8:62. The time might also change right in front of your eyes.
- Reading: sometimes in dreams, writing is distorted or nonsensical.
- Finger-through-palm: Try pushing one of your fingers through the palm of your other hand. It may take a bit of effort, but if you're dreaming it will go right through as if you're a hologram.
- Lights: flick a light switch on and off to see if the light levels change. In dreams, there's a chance the switches won't work or the lights will be very dim.
- Location: Where are you right now, and can you recall how you got there? In a dream you can be somewhere with no memory of how you ended up there.
- Gravity: A cool but sometimes unreliable RC. Expect yourself to float upwards and see if you do. Or, simply see if you can feel gravity acting on you right now.
- Grogginess: In dreams, sometimes you're groggy and do things without really thinking about it. You may not be as "aware" of what's around you, which can lead to passive, nonchalant behavior in the dream.

* Be sure to have the nose-plug RC in your lucid dreaming toolkit, because it's probably the most reliable one out there.

Using SAT

Applying awareness to the DILD technique

To have a DILD, you have to practice waking awareness, or mindfulness, and really question if you could be dreaming at a given moment, so this will eventually carry over into your dreams. Awareness as a lucid induction technique, and not using RCs or dream signs, hasn't been emphasized greatly but now many people are realizing how much it helps to cause lucidity. This part of the guide will delve into how to use awareness to become lucid, which has a great chance of working if you do it correctly! When starting out using SAT, you may not feel genuinely suspicious as to whether you're dreaming. You could be thinking that since everything feels so real, it's "obvious" that you're awake. However, as you experience LDs and realize "how did I manage not to notice that I was dreaming before this?", you'll get the hang of it. Another thing to think about is how when you're dreaming, you accept it as reality. You don't question things, no matter how bizarre they may be, because in the dream it all feels realistic. Apply this principle to reality. The waking state feels real too, so you don't question it either. So really, what's the difference between dreaming and reality? You'll obviously know when you're awake, but you won't know when you're dreaming unless you are mindful. Saying this, don't accept things for face value until you confirm it with a RC and reason out to yourself why you're awake/asleep. Question your surroundings as genuinely as you can.

Awareness is the conscious ability to perceive, to feel, or to be conscious of events, objects or sensory patterns. In other words, it's taking into consideration the things you do during the day, what they feel like, sound like, and knowing why you're doing these specific things. If you're at the computer, you don't normally think about how the mouse feels under your hand, or how bright the screen it. But every once in a while, stop to focus on your eyes and see how they're squinting slightly from looking at the bright screen of the computer in the dark. Feel how the gravity pulls your hand down towards the mouse. Lift your hand up slightly, and let go, feeling it rest again on the mouse after a small impact. Did it hurt? Was it sudden? Do a reality check now - just because things feel real, it doesn't mean they are.

You're walking down the sidewalk. You're clearly not dreaming, right? Think again - you haven't questioned anything yet, so stop moving and do a reality check. Maybe you should look at the details on the leaves, and feel the wind blowing against you. Can you see the individual bricks on the houses you're walking by? Take a break and lean against a building, feeling the hard texture of the construction on your back.

You're inside your house at night time, sipping on a cup of coffee. Wait, and take a moment to simply see if the coffee looks real. Does the cup feel warm? Is there steam coming out of it? Can you look outside that window next to you and see the details of the buildings - even though it's dark, there's probably street lights illuminating parts of the area. If it's night in a dream, looking through a window to see what's outside can often result in blurry results; the buildings may be "off", or hazy. The roads can look funny.

Here are some more examples on how to become aware.

1. At completely randomized times, stop whatever you're doing and look around. Observe, does anything look distorted? Ask yourself if you're dreaming. Don't set the times that you'll be doing this up in advance, just do them when you remember. But if you have to remind yourself at the start, write a note. Be sure to stop using the reminder after a while, though!
2. Each time you look at a digital clock to check the time, perform the digital clock reality check (look away and look back again to see if it's changed) and couple it with another one. Many people have access to a bedside alarm clock and computer.
3. When reading a book, stop at random times and pick a line of text. Analyze and explain to yourself what the passage is telling the reader.
4. When in on a conversation, listen to what the conversation is about and internally think about whether it's a realistic topic for the people speaking.
5. Perform the nose-plug reality check every time you get into bed, and get up in the morning. This check works even if the lights are out, and can help catch a false awakening (FA).
6. If you're sitting on a chair, get up slightly and allow yourself to fall back into position. Is gravity working the way it should? You can also jump into the air and see how quickly you fall down.
7. Another great way to test for reality is to expect something to happen, using standard dream control techniques - imagine your relative will come through the door at a given moment, for instance, and believe this 100%. Visualize them as they'd appear when walking through the door; know which way they'll be facing and how they'll act. If they do, you might be dreaming, especially if they shouldn't be in that location at present.
8. Can you feel your heartbeat in your chest? Are you breathing? If so, is your breath warm or cold? Can you shift the focus of your eyes in order to look at something farther away?
As you may have noticed, the key to SAT is to just stop what you're doing and then use awareness to heighten your consciousness. You can do your RCs anytime during this; I personally do a reality check (or two) after being observant for a few minutes, then do another one afterwards, "just in case" I might actually be dreaming. When going about your RCing and being aware, the more you slow down and really stop whatever you're doing, the better. If you were walking somewhere in your house, come to a halt; if you were drawing, stop moving the hand that you're drawing with. Doing this creates a sense of stillness that, if it happens in a dream, will stop you right in your tracks and promote awareness. The majority of my own lucids, along with many others', have started by the dreamer stopping what they're doing and questioning if they're dreaming, so emulating this in waking life is sure to have an impact on your lucidity. Another upside to stopping what you're doing is that it puts awareness on the forefront of your mind, which prevents your practices from becoming more like a passive "habit".

Along with stopping what you're doing, it also helps to act like you're skeptical as to whether you're awake. You can think a few different lines in your head, or quietly speak to yourself. Here are some examples of what I use.

Wait, why am I just ignoring everything around me? I could be dreaming right now.

Whoa, I should probably do a reality check because before I discovered I was dreaming last time, I just passively ignored everything around me.

Hm... This feels real, but I have to see if I'm dreaming.

If you're having trouble being skeptical, you can always reason out why you could (or couldn't) be dreaming once you stop what you're doing. For instance, you could say something like "I'm not dreaming right now because I am very aware, and I can't breathe through my plugged nose. If I were dreaming, I would be able to breathe and I might be a bit less aware, more groggy."

How often and how long?
It depends on the person. I stop and become aware once every two hours or so; others may do it more or less frequently, although I would do it no less than five times a day. This doesn't seem like a lot, but it can really have an impact on your dreams if you're thorough with using the technique at those five times. In terms of how long you're actually aware for during each stop, a good two or three minutes should do. If you can be observant and skeptical for more, then go for it! If you go by the minimum numbers above by stopping five times a day for two minutes each time, the SAT technique will only take 10 minutes out of your day (5x2 = 10)! Knowing this, you can now spend the remaining time to focus on any other methods you might want to supplement this one with (or the other way around).

Awareness in a Dream

Congratulations, you've achieved your first lucid!

You're done the hardest step. Now comes a new issue that can happen to anyone who experiences their first lucid dream: excitement. Many people often wake up after experiencing their first lucid dream because they become overly excited, which can be a real bummer after all that hard work and trying to figure out your technique! But there are different ways to combat this.

1. When you realize you're dreaming, stay as calm as you can. Try not to think about waking up.
2. Ground yourself in the dream by touching objects, feeling your dream body, and looking around. Slowly spinning around in a circle to see what's around you can help too - this helps by increasing your attention on the dream, and making your subconscious fill in missing parts of the location you're in, helping to stabilize it.
3. Sometimes when people are lucid, they think of themselves lying in bed, instead of focusing on their presence in the dream. Whatever you do, don't think of yourself sleeping in bed! It will bring your focus on your physical body, and it just might wake you up. This is why touching objects is important in a dream; it helps you forget about your real body.

4. Don't go along with the dream plot. There's a very good chance that you'll end up losing your lucidity because you become too involved with what was already happening. Go your own way and fly, or try to summon something, anything that will stop the dream's "preset" plot from progressing. Or, make your own plot up (remember - anything's possible!).
5. As you have a few more lucid dreams, there's a chance that the burst of excitement you feel could end up becoming less intense, and then you'll only experience a mild excitement (but you'll still have the same amount of fascination with the dream world). You could develop a bigger tolerance for excitement - you may find yourself not waking up even if you "freak out". But still, be sure to stabilize the dream!

Dream Control Tactics

Anything is possible in a dream. What you've seen in movies, real life situations, and even your own fantastical, imaginative stories can come to life in a dream. All you need is the certainty that what you want to happen will happen. What I've learned about dream control is that it's all about being 100% sure, and expecting an outcome. Visualization is also very important, especially for those dream control scenarios where you want something to be as specific as possible. Try these basic dream control tasks if you're stuck on something to do in your next lucid.

1. You're standing somewhere. Turn around and look behind you, fully believing a relative to be behind you. As you turn around, visualize what they will look like - how tall they will be, what they may be wearing... You can make up a situation that will explain why they'd be behind you, too. For instance, you could expect your brother to be there and say, "stop following me" in an exasperated tone.
2. Using the same idea, summon a plate with cake on it or another object. Know that it'll be there and imagine what it will look like. What color will the cake be, and what about the icing? Does it fill the plate or is it a small piece? If it helps, pretend someone left it there for you - it'll help make the situation more realistic and the dream may respond more appropriately.
3. Superpowers. Many people want to try lifting a car or flying, but they don't know how. Use the same approach as above - if you want to punch through a wall, you could always know fully that you've had superpowers since you were born. Think this in the back of your mind and act as if it's completely natural to you. Don't doubt anything.

More tips on control

You can try daydreaming or visualizing something that you want to do in your next lucid, during the day. The more grounded the image becomes in your mind, the easier it'll be for it to happen in your dream. Don't make a big deal out of dream control; just act passively when you attempt to do something. Try not to "psych yourself up" for an activity, because there's nothing to really get psyched up for - if you treat dream control as some feat that has to be accomplished, it will be harder for you. So relax!

Good Luck Dreamers!

All Day Awareness, A DILD Tutorial by KingYoshi

KingYoshi's DILD Tutorial

So, I already have a WILD tutorial, but now it seems I am getting a lot of questions about my DILD method, all day awareness, and proper RC technique. I've decided to just go ahead and break down my entire approach to DILD. So, sit back, fire one up, and learn to DILD...the Yoshi way!

General Keys to Success

With any induction method/technique there are three keys to long-term success.

1. Effort - Aside from the handful of natural lucid dreamers out there, the rest of us have to put forth the effort and work toward lucidity. Without that drive, you aren't going to have the kind of results you are looking for.
2. Confidence - This one is as simple as the first. You need to be confident in your abilities. I don't care if you just joined yesterday and literally have no clue what you are doing. EVERYONE can lucid dream regularly.
3. Experience - You don't even have to do anything special for this one. Every single thing you do while practicing lucid dreaming, works toward experience. Just keep practicing and gain experience from every success as well as every failure.

All Day Awareness

So, what exactly is a DILD? DILD stands for Dream Induced Lucid Dream. It is a lucid dreaming induction technique where the dreamer becomes aware that he/she is dreaming, from within the dream itself. DILD success is all about awareness. I practice a technique known as All Day Awareness (ADA). I first heard/learned of the basic concept for ADA from another Dream Views member here on the site...Naiya. For those of you who don't know Naiya, she has practiced lucid dreaming for many years and has a Lucid Count is well over 1,000. In a nutshell, All Day Awareness (ADA), is noticing and paying attention to the subtle things in life that most people ignore or take for granted. Lets take for instance, you are walking your dog down the street. Be aware of everything around you. Hear your footsteps against the pavement, feel the cushion in the sole of your shoes contract with each step. Feel the muscles working in your legs as you stroll along, see your eyelids blinking, hear the sound of your breathing, feel your lungs expanding and your chest moving as you breath in and out. Smell the air as you travel through the neighborhood. Does it change? Does every breeze smell the exact same? Feel your tongue as it casually rests on the bottom of your mouth. Every structure around you has a shadow...do you notice them? Hear the pitter patter of the dogs feet, do you hear him panting? Most people hold the leash and walk down the sidewalk completely lost in their thoughts. Most don't even notice the control they are using to power their own legs.

You are sitting at the computer doing math homework. Feel the keys below your fingertips, notice how effortlessly your fingers fly from one key to the next without even having to think about the upcoming letter/keystroke. While you were reading the previous two sentences, did you take for granted the blinking process. What all sounds have you heard while you have been reading this tutorial? What does the air smell like? You shouldn't have to smell right now to answer the question. Have you noticed the shadows of everything around you? How about your lungs? Have you noticed them expanding and your chest moving. Have you noticed the air traveling up through your windpipe, across your tongue and passed your lips?

These are just a few of the millions of small details that the average person takes for granted or doesn't even bother to notice. It is almost like everyone is sleep walking while they are awake. If you don't have good awareness in waking life, how do you expect to have good awareness in your dreams? In about 90% of my Dream Induced Lucid Dreams, I have known I was dreaming or suspected I was dreaming before ever performing a RC (reality check). The RC is used mostly to confirm that I am dreaming. That lowly 10% is from obtaining lucidity due to a particular dream sign or performing a random RC while thinking I was actually awake. (these percentages are estimates and I likely was too generous with the 10%).

At first, you will have to force yourself to be completely aware of your surroundings. The idea, is to try and become aware of absolutely EVERYTHING around you. After practicing ADA for a while, you will start to become aware of theses subtleties without forcing yourself. As you practice more and more, you will notice the subtleties being noticed quite naturally with little effort. Eventually, you will get to where you are no longer practicing All Day Awareness, you are actually living it. It will become natural for you. Once you have reached this level of awareness, the dream itself becomes your dream sign. Every thing you notice within the dream will become you RC. Every dream you have will be a lucid and you have reached the pinnacle of lucid dreaming.

Not only does awareness help strive toward lucidity, but it also helps with recall. As you continue to practice ADA, it will start to carry over in your dreams. Even if you aren't getting lucid yet, you will start paying more attention to the dream environment. Making mental notes of what you see, hear, feel, taste, and smell. This will help make dreams much easier to recall upon waking up from sleep. It will also help you recall more details from your dream. Soon you will be having detailed journal entries that read almost like a story as opposed to a scattered series of events that jump around from place to place.

***Getting Started**

Thanks everyone for the valuable feedback. I forgot just how overwhelming ADA can be when you first start practicing. I then realized, I had left out a key point in the tutorial. There are so many things to notice that it can get in the way of your daily activities, possibly causing stress. Stress is not good at all for lucid dreaming. I recommend that all beginners start small and work your way up.

Pick out certain times throughout the day, when you aren't busy, and work on ADA. Take 5 or 10 minutes to notice everything you can. Do this several times during your day. Some days you may be able to practice a lot, and others you may not get as much practice in. Go ahead and perform some RCs during these ADA sessions as well. Once you get more used to the process and it starts getting easier, you can become more frequent with your sessions. It is very hard to keep up the awareness all day long when you aren't used to it. Even now, I am not able to keep it going at all times. I'll get lost in thought, or something else I am doing and realize I was "day walking" again . Performing ADA in sessions will still help loads with your awareness and you can work your way up at your own discretion. Be sure not to overwork yourself. If you start feeling mentally exhausted, take a day off from training. Everyone needs their rest.

When I first started practicing ADA, I did it in sessions like I described above. I worked my way up until it started becoming natural. Even now, I still take sessions to make sure I really notice absolutely everything. Something else I should add...don't forget about the clothes you are wearing. Feel and notice them at all times.

Dream Signs and Reality Checking

Now, picking out dream signs and performing RCs still play a key role in the DILD process. Humor me for a moment.

A live flamingo hat is definitely a dream sign. Even though it has showed up multiple times in your dreams, it isn't even going to be in the majority of your dreams...let alone all of your dreams. If you rely solely on a dream sign for lucidity, you are only going to be able to take advantage of the dreams it shows up in. If you happen to miss it, you never know when it will return. However, if you have pointed the hat out as a dream sign, you have identified a recurring element in your dream. This familiarization with the dream world has added an extra boost to your awareness. Not to mention, when it does show up again, you will have a chance at recognizing it. The better your awareness, the more likely you will be able to recognize dream signs within the dream.

I mentioned earlier that RCs are used more for confirming that you are lucid, as opposed to actually creating lucidity for you. The key function of a RC (reality check) is actually increasing awareness. Whenever you perform a RC during waking life, don't just go through the motions. Prior to performing your RC, take a moment to become aware of your surroundings. Even if you know that you are awake, pretend that everything around you is actually a dream. Finally, perform your RC and see if you are actually dreaming. A quality RC is a RC in which you question your reality.

From above, "pretend everything around you is actually a dream." Whether you truly believe this questioning of reality or not, is irrelevant. The fact that you ARE questioning it, is good enough. The idea is, if you are able to question your reality during waking life, you will do the same in your

dreams. Like I said earlier, 90% of the time awareness makes you lucid, not the RC itself. Practicing quality RCs like these, will boost that awareness level greatly.

Dream Journal & Recall Enhancement

Last, but certainly not least, is dream journaling. It is key that you write down every dream that you possibly can. Once you wake from sleep, try not to move much. Just lay there and recall/recap your dream in your mind. Once you have went through the dream, immediately write it down. Keep a notebook and pencil/pen at your bedside. Keeping a dream journal will also help build up your dream recall. If you wake from sleep and only remember bits and pieces, write down those bits and pieces. If you wake up and don't remember anything at all, write down, "Couldn't remember any dreams." Its important that you do this. It will help train your mind to literally WANT to write down something. This will help toward recall as well.

If you want to immediately enhance your recall, you can set alarms throughout the night. The idea is that you wake up either between REM cycles or toward the end of an REM cycle and write down your dream then. Since you are waking up right after they happen, they won't be forgotten as the night progresses (even if they are...you wrote them down). The REM cycle generally takes a few hours to get started. Once it does get started, REM will cycle through every 90 minutes or so (on average). I started out by setting my initial alarm for after 4 hours of sleep. The next alarm is for two hours later (after 6 hours of sleep). Then i set alarms in 1 hour increments until I wake up for good.

Technique Results

Ever since I first learned of All Day Awareness, I have been practicing it. Twice I took relatively long breaks from DreamViews and simply didn't train for lucid dreaming, but the rest of the time I have been practicing ADA. I have 107 DILDs recorded on the site, but counting the DILDs I had during my time away from DreamViews I am at 150+ DILDs. Like I mentioned before, only a handful of them were because of a random RC. The rest were simply due to my awareness. I am hovering around the 22 lucid dreams per month mark, but I am certain that if I had stayed in ADA practice my entire time, I would be averaging a lucid dream per night by now. I truly believe that with enough practice, ADA is a legit technique for accomplishing lucidity in every dream.

More Information and Contributions to ADA, Naiya: For her take/explanation on ADA, click the link and scroll down to post #6. Naiya's DILD & WILD Secrets. MindGames: Also I have something to contribute to your tutorial. I think that if you were to be constantly aware of your environment in the context of whether or not aspects are dreamlike, it would be more effective in producing nightly lucid dreams. This would train your mind to focus primarily on dream-related aspects in your environment, thus increasing the effectiveness of your awareness. This would allow you to effectively be constantly performing a reality check, in the sense that your mind is constantly questioning if your environment is a dream, rather than just primarily paying attention to your environment. Awareness is key to all DILDs, but how you use it is also important.

Naiya's DILD & WILD Secrets, by Naiya

Lucid Dreaming Overview

This is my LD tutorial. It will cover both DILD and WILDs. Since everyone is at a different knowledge and skill level, I'm going to begin with the basics and get deeper into the more technical stuff as I go along. So if you're already fairly knowledgeable, you're welcome to skip right to the good stuff. The ideas expressed here are based both on my research and heavily on my own experiences. Although I welcome other ideas, I personally think it's pretty silly to argue since every person's mind is unique and what works in one person's dream may not work in another person's. For lucid dreaming, the two main things you need to succeed are CONSISTENCY and PRACTICE.

For dream control, you need good visualization skills, you need to UNLEARN the rules of the real world by understanding that ALL types of reality are subjective and can be changed by your thinking, most of all the dreamworld. Having faith in yourself is important--you MUST be able to imagine and EXPECT success. And of course, you've got to PRACTICE dream control too!

Dreaming 101

An Oneironaut is someone who explores the dream world via lucid dreaming, also known as conscious dreaming. A lucid dream is a dream in which you are aware you are dreaming while you're still dreaming. There are many theories about what our dreams mean, where they come from, and why we have them. Freud and Jung believed that our dreams were messages from the unconscious mind, a theory which is still popular today. Jung also coined a few important terms in dreams which you may want to remember. An archetype is a dream person which represents a being that everyone in the world understands and relates to. There is a Mother Archetype, a Hero archetype, a Mentor archetype and so on. In your dreams, you may often meet a certain member of the opposite sex. If you are a man, this entity is referred to as your Anima; if you are a woman, your Animus. Your Anima/Animus is often the representation of your masculine or feminine self. Many Oneironauts insist that integrating with your Anima/Animus will result in a feeling of wholeness and completion. As an Oneironaut you may experience what is known as sleep paralysis. This is a state where a person feels a pressure or force holding them down during sleep. It usually occurs during the sleep-wake transitions, and the person usually knows where they are. Basically, our mind wakes up before our body does. It can be a very frightening experience for one who doesn't know what's going on. If this happens to you, a good way to get out of it is to focus on shaking your head. This is sometimes refered to as "the old hag."

Sleep paralysis can often lead to an Out-of-Body Experience or OBE. This happens when the dreamer feels detached from their body during the dream. Sometimes they can even look back and see their own body. It occurs most often during surgery and sometimes leads to a near-death experience, but it also happens during normal sleep. Once you are able to have a lucid dream, you may start

experimenting with dream control. This is fairly self-explanatory, although many aspects are left out. Most Oneironauts picture dream control as flying like superman or battling with spells, but dream control can also include more subtle things. Here are some types of dream control:

- Steering: Most dreams involve some kind of plot, however strange. When the dreamer wants the plot to go a certain way, they can sort of will it in that direction. The point is that no action (think things you can do in real life to change things) is is needed to change the dream plot. This usually involves doing that Jedi thing where people do what you want them to. You can also control events that you wouldn't be able to awake.
- Environmental: Probably everyone's favorite. This involves stuff like flying, teleporting, going through walls, transforming objects and/or making objects appear.
- Total/Superlucid: This is the the most rare. It's when the dreamer is able to control the dream plot, chracters and environment. I'd like to point out that complete control over every detail may not be possible. Think of trying to mentally reconstruct every detail of each room/field of vision every time you turn around. It's extremely hard to keep the environment stable.

Note that it's completely possible to have both steering and environmental control at the same time. However, I wouldn't count this as total control, since the dreamer is usually only changing SOME, not ALL, factors in the dream. Lucidity does not equal control. Not all dreams are made equal! Some dreams will be easier to control than others. If you are having trouble with controlling a certain dream, ask yourself if this dream is trying to give you a message that you should be paying attention to. That being said, your biggest block for control is almost always your own uncertainty. Like Morpheus told Neo, free your mind and let go of your fear. If you believe that gravity exists in your dreams, then it will hold you down. Have faith in yourself and you'll be able to do almost anything you can imagine.

Improving Dream Recall and Understanding

A lot of people don't remember their dreams all the time. I have a few pointers for remembering, recording and understanding dreams. If anyone has any suggestions, let me know and I'll update the list. Good dream recall is the first step to lucid dreaming! This is the foundation. If you remember less than one or two dreams, try some of these methods to help your recall.

Tips For Remembering

If you can remember absolutely nothing at all when you wake up, take a few minutes to stay in bed and try to remember.
- A good way to do this is to slowly think of people, places, and things that are familiar to you. Go through each thing at a time. Was my mother in my dream...? Was my dream about work...? You'd be surprised at how often this works. Just today, I remembered a whole dream because I saw pigs on a TV show. There was an adorable piglet in my dream, and remembering that one little thing brought a flood of information. Sometimes all you need is that one "key" to remember your dream.

-Many people can remember at least the last moment of their dream, but nothing else. This best way to remember the rest of the dream is to simply go backwards, just like you would in remembering something in your childhood. Take your time in doing this. Ask yourself, "What happened right before then?" "How did I get to the train station?" Just keep slowly backtracking. Sometimes you may even be able to remember dreams that you had earlier in the night this way.
-When you wake up in the morning, try to get out of the habit of immediately remembering what you have to do that day. Basically, your dream memories will fade instantly if you replace them with something else in your short-term memory.
-The best thing do to is to wake up with an empty mind and allow yourself to stay in bed, relaxed and without thought, for a few minutes before getting up.
-Above all, don't give up! Good habits take time to form. It may be months before you start to remember your dreams consistently. You just have to stick with it.

Tips For Recording

-To get started, keep a small journal next to your bed so you can write down your dreams when you remember them. I like to use the little spiral journals because I can stick my pencil on the side instead of fumbling around for it on the night-stand.
-Keep the journal close to you so you don't have to get out of bed. For some reason the dream memories just fall right out of your head once you've gotten out of bed or moved around a lot. So try to keep still.
- If you wake up before morning, write down what you remember before you go back to sleep (or before you go to the bathroom).
-It's always useful to write down the times you go sleep and get up (especially those of us in college, whose sleep schedules are erratic). If you remember more than one dream in the night, you can make note of which dream occurred at which time. This may be useful for those of us who sometimes have prophetic dreams or mutual dreams.
-Once you have a dream journal started, you may notice that some dreams have a lot to do with what you did the day before. To help you understand your dreams, you may want to also make notes of what you did during the day (movies you saw, things on your mind, problems at work or people you were with).
This helps a lot when you get a little more advanced, because you'll start finding things in your dreams that connect with your waking life. For example, you dream of an old friend who calls you out of the blue, and a couple of days later you run into them. Now you have personal proof that your dream premonition came true! Pretty cool, huh?

Tips For Understanding

-The most important thing to remember is that the meaning of a dream is subjective. While other people and books can give some good insight, the best person to interpret your dream is you.

-That said, you can gain some understanding by asking for an interpretation by one of our fellow members. We may be able to pick up on something that you hadn't thought of. Also, some dreams are very common and have generally accepted meanings to them.
-Dream dictionaries can be helpful, but be wary of the simplistic meanings. For example, to Person A, a snake in her dream may mean an enemy, liar, or traitor. But for Person B, the snake might mean reincarnation, connections with the earth. or medicine (like the snakes on the EMT uniform). It all comes down to where the dreamer is coming from. The dream dictionaries can give some insight, but as always, believe what feels right to you.
-This one helps the most if you use it along with your journal. When remembering your dream, think about how you were feeling at the time. Feelings and emotions can give us the most telling clues about what our dreams mean.

Lucid Dreaming Disclaimers, Dream Control and Nightmares

A lot of this is based on personal experience, but as always, in matters of the mind (and soul) things are different for everyone. If you are thinking about learning to induce lucid dreams and dream control, you may want to read this first. There's a lot of misunderstanding about lucid dreams and dream control. Even some of the experts get it wrong. Part of this is because so little research is done in the first place. Not only that, but there are a lot of frauds out there.

Lucidity

A lucid dream is simply a dream where you know you're dreaming while you're still in it. For most people, it's triggered by something. For example, you may see a pot morph into a chair, or floating objects. Your logical self realizes that these things are not possible unless you are dreaming, and that's when the dream becomes lucid. There are different levels of a lucid dream. Sometimes you are completely aware that you're dreaming, and other times it's just a vague feeling you have. Complete lucidity all night every night is very rare. The highest kind of lucidity is when even the other people in the dream know that it's your dream. Which leads me to the next point. Lucid dreams are much more common in the early/late morning. Usually, the first part of the night is that total blank state, with a few fleeting images, sounds and sensations. Since dreams get longer as the night goes on, there's a bigger chance to increase awareness. Basically, while you dream, you feel emotions and experience things much more intensely. In a lucid dream, you tend to feel things even more intensely than in a regular dream. I have found no information that explains why that is. Lucid dreams and dream control are closely related, but they're definitely not the same thing. You can be lucid and not control the dream, and you can control a dream and only be dimly aware that you're dreaming at all.

Dream Control

Which brings us to dream control. Like a lucid dream, there are different levels of control. Most of the time, you need to know that you're dreaming on some level for this to work. I have found that there are at least three kinds of control, which I've already explained in the first post.

- Steering
- Environmental
- Total

It's completely possible to have both steering and environmental control at the same time. However, I wouldn't count this as total control, since the dreamer is usually only changing SOME, not ALL, factors in the dream. Again, lucidity does NOT equal control on any level. Some dreams are easier to control than others. That means that you will still have dreams which you cannot control. Some dreams will drag you through and no amount of lucidity or attempt at control can stop it. If this happens to you, think carefully about the dream. There's one thing you can be sure of, and that is that whatever message the dream is trying to get across is important enough to override your conscious mind.

On Ethics and Nightmares

This is where I get into a the rant portion of the post. There are some scientists and psychologists out there who say that lucid dreams and dream control will "cure nightmares." Gah! I could go on for hours about how totally wrong that is.

Using these tools to face your fears in your nightmares CAN make reoccuring nightmares go away. But if you use them to "change" all your nightmares into something pleasant, you're just in denial about the issue that's actually causing the nightmare. Deal with the issue. DON'T make the dream into a Care Bear ending. Use the lucidity to find out what is causing the nightmare. Sometimes all that means is just facing the dream adversary and asking them why they're in your dream. If you happen to be in a lucid nightmare and you are unable to control it, there's not much you can do besides wake yourself up. Lucid nightmares, like dreams, are more intense than both waking and regular dreaming experiences. Most of the literature says that it is impossible to have a nightmare and a lucid dream at the same time. I can tell you from personal experience that this is just not true. And you know how your mommy always told you "dreams can't hurt you"? Well, that's a bunch of crap, too. Because anything that convinces your brain that you're hurting is the same as being hurt for real. The only difference is that you don't have any actual physical damage. So dreams can hurt you just as much as your boy/girlfriend dumping you.

For example: "Ha! You can't hurt me. This is just a drea-Ow! Hey! Wha-ow! "

You get the idea. Among all the science journals and books at the college's database, there was only one tiny mention of lucid nightmares. It said that lucidity only "cures" something like 80% of nightmares, but never goes on to mention anything about the other 20%. Which...I mean...I think that's kind of important. But oh well. While these nightmares are only a fraction of all lucid dreams, I think my point here is that lucidity and control won't make everything magically easier despite the

praises of certain scientists. So if you want to learn these techniques, please use them with care and responsibility. When all else fails, do what you feel is right to you.

Having a Routine

The most important thing that will help you have more lucids is consistency. In order to become good at anything, you have to practice. A few lucky people have enough talent to get by without practicing, but the rest of the population will never get anywhere unless they are consistent with their routine. You need to come up with something that is going to actually be enough to give you more lucids, but is also practical in that you won't just blow it off on a regular basis. For beginners, ten minutes is probably the most you'll really be able to force yourself to do every day, especially since you won't be getting results for a while and that's discouraging. Always stick to a routine for at least three months before abandoning it for a different one. If you feel stuck in a dry spell, try adding to your routine, but DO NOT take away from your original plan. It takes a long time for things to be internalized, so you have to be patient.

Here's a sample routine:

- Morning routine: Set a second alarm about ten minutes after your first one. When your alarm goes off the first time, try to make a habit of not moving at all--even rolling over (I know it's hard). Again, don't immediately think about the day ahead. Just relax and think back to the last thing you were doing in your dream. Then think about where you were and what you were doing before that, and so on. Try not to immediately think about the day ahead. Just lay still and try to recall the last thing that happened in your dream. then just slowly ask, "what happened before that?" If you remember nothing, slowly ask yourself if your dream involved any common people in your life, or places or themes. When you've remembered it, write it down immediately. If you don't have time in the morning just jot down some notes/key phrases and fill it in later. That should help improve dream recall. You may want to keep a little notepad near your bed to jot things down on. Personally, I don't need to write out every detail to remember it so I just jot down a few key words and phrases to refresh my memory later.
- Daytime routine: Do reality checks. Base them on something that pops up a lot in your dreams. When you do your RC, ask yourself, "Where was I before I went through this door? Is my environment logical? How did I get here? What was I doing last before coming here?" It's really important to consciously think about this, and very important that you answer your questions either by saying them or thinking them out in their entirety. I know it's a pain but I really think that this would give you the quickest shortcut to more Lds. Also, if you have idle time during the day and you're bored, just think about your dreams a little bit. The more you pay attention to them, the more interesting they will become. Or if you want to, just do a random RC. Look around you, ask how you got there, and ask if your environment/circumstances make logical sense.

- Nighttime routine: Try to get at least 8 hours of sleep a night! If you can sleep in on a day, 10 hours would be really great. You'll get much longer dreams if you sleep a little longer than usual. Of course, generally speaking it's unhealthy to sleep too much all the time, but most people have jobs and/or school to prevent that. When you get ready for bed, give yourself about 15-20 extra minutes. Spend the first part of it clearing your mind of all the crap that's gone on throughout your day. Some people find that it helps to imagine setting all of your problems in a little lock box next to your bed. Personally, I used to tell myself, "The best thing I can do for myself and everyone around me right now is get a good night's sleep." So I sort of made up a rule to never bring my problems with me to my bed. I imagined putting them on the side of my bed to be picked up in the morning when they needed to be dealt with. This is where a regular journal is useful because if you are someone who can't let things go, you can write them down and THEN be able to forget them guilt-free. Once you've cleared your mind, you'll want to do a little autosuggestion. First of all, if you have a specific task or dream or thing you want to do in your LD, now is the time to give yourself that suggestion. Basically, all you're doing is daydreaming of what you want until you fall asleep. Eventually your mind will get the hint and the suggestions will begin to actually show up in your dreams. The second thing you need to do during this period is an affirmation--"I WILL have a lucid dream tonight." Believe it as much as possible. This is partially why I think most people normally have dreams about their daily life--all they think about is their daily life before they go to sleep. Definitely try at least one WBTB (Wake Back To Bed) a night. You really don't need to do much more than get up and go to the bathroom or get a glass of water. When you go back to bed after waking up, clear your mind again and do the same autosuggestion technique. This time you'll probably fall asleep a lot faster so you really don't need to give it an exact time. Just allow the clutter to leave your mind and reaffirm that you will be lucid as soon as you are dreaming.
- Other: Try your hand at meditation. It helps you learn how to calm your mind and let go of little stresses and things that clutter your mind and often even your dreams. If you let go of that stuff on your own, your unconscious will have more time to give you dreams with deeper meanings.

Getting Started with DILDs

There are a few things that give you a better chance of having a lucid dream. First of all, lucid dreams usually occur early in the morning. In other words, the longer you sleep, the better chance you'll have of becoming lucid. The reason for this is that, as the night goes on, your dreams get longer and longer after each sleep cycle. The longer you sleep, the closer you get to waking up during each dream portion of the sleep cycle. This is exactly what you will learn to take advantage of. Generally, before you go to sleep at night, you want to be ready to sleep without any thoughts, worries, or negative emotions hanging over your head. So before you go to sleep at night, you may want to do a short energy cleansing and meditation. You should already have a journal next to your bed, so if you have any thoughts, worries or things you need to get done, write them down first. Then you'll be

reminded in the morning, and you have no need to remember them when you should be sleeping. If you start to feel guilty or anxious for letting those things go, tell yourself "The best thing I can do for myself and everyone around me right now is get a good night's sleep so I can be alert and healthy tomorrow."

Lastly, as you are falling asleep, tell yourself that you WILL have a lucid dream. Don't think you will. Know you will.

How Long is This Going to Take?

The answer is, as always, it depends. If you are already good at recalling dreams, and you've had a few lucid dreams here and there by chance, you will probably be able to lucid dream a lot faster than someone who started out not even remembering many of their dreams. Even if two people start out at the same skill level, you have to take into account the fact that we are working with our own minds, and every person is different. There are really no concrete reasons for why some people pick up lucid dreaming faster than others when they seem to start out at the same skill level. Regular (nightly) lucid dreaming takes AT LEAST a couple of months before it even starts working--that is, WITH a lot of consistence and work. If you aren't consistent, you have almost no chance of becoming lucid regularly. Lucid dreams come from habit and skill. Most people average several months to a few years to be able to lucid dream every night.

Ways To Lucid Dream

Each of these methods, if practiced every day for several months, should get you frequent lucid dreams. Not every method works for every person, so you may want to try more than one at the same time. The MOST important thing is consistency. I can't stress this enough. You've got to be patient and have the discipline to keep at it every day. The following are the most common things people do to have lucid dreams. As always, if you find that something completely different works for you instead of these things, go for what works best for you.

Visualization

In this method, all you really need to do is set aside 10-30 minutes before you go to bed. First, be sure that you have done a cleansing and that you won't be distracted by your daily thoughts. Sit on your bed and decide what you want to dream about. It helps if you try the same scenario consistently each night. It doesn't have to be something serious--in fact, the more crazy your scenario is, the more likely you'll notice it isn't real when you dream it. So concentrate on the dream scenario you want, and visualize it panning out. Imagine yourself becoming lucid, and imagine the things you want to do. KNOW that you will lucid dream. In fact, you may want to repeat "I am going to have a lucid dream tonight." to yourself out loud until you believe it. This method may seem silly at first, but it is the very method I used to learn, and I now have at least a few lucid dreams every single night.

Reality Checks

Reality checks are very simple and easy to do. There are infinite possible reality checks, so you are only limited by your imagination. The easiest reality check is to simply make a habit of asking yourself "Am I dreaming?" several times a day. Eventually, your habit will bleed into your dreams, and you will ask yourself the question while you sleep. Once you question your reality, you will notice some of the things in your dream that can't be possible in the real world. Normally, you accept the weird things in your dreams, but once you question them, you will realize that they are out of the ordinary. I have heard of people doing reality checks such as throwing up little objects and trying to make them float, or looking at their hands or feet (for some reason, hands and feet are easily distorted in dreams, but I don't think that this is universal so I wouldn't rely on it). Reality checks are good, but it depends on the kinds of dreams you have. For example, when I was a kid my mom taught me the "look at your hands" RC. It never worked because, while I see my hands all the time in my waking life, I never saw them in my dreams. When you do a RC, don't just blankly ask "Am I dreaming?"-- a lot of people complain it doesn't work, and I believe that is because they don't actually consider this question, they just ask it without even thinking about it. When you do a RC, really look around you and think about whether or not your environment makes logical sense. The RC that worked best for me was the "Where was I last? What was I doing?" You may be surprised that you'll answer "I went to bed!" and of course conclude that you must be asleep. So these things help with DILDs.

Reality Check Addendum

The problem with RCs is that a lot of times, people just mindlessly go “am I dreaming?” and without even considering it, they think “no,” and then totally forget about it. This does absolutely nothing to help you get lucid. When you do a reality check, don't ask if you're dreaming. Assume that you ARE dreaming. Now ask, “why do I think this is real?”

- Example of a GOOD answer: “I think this is real because I remember waking up, getting dressed and driving here. I can remember in detail what I had for breakfast. When I toss a pen into the air and try to make it float, I can't do it.” This works because you are testing you surroundings and memories against LOGIC. Not only that, but you're physically testing reality. If you want, you can try the classics such as looking at your hands or holding your nose to test reality.
- Example of a BAD answer: “This feels real.” While you'll never confuse your waking life with a dream, ALL of your non-lucids will always “feel real.”

Dream Signs

For this method to work, you absolutely MUST have a good dream journal going, and have a good understanding of the repeated symbols, scenarios, and themes in your dreams. Many of us will have certain people, places, objects, or situations that are repeatedly in our dreams. These things are NOT in our waking life, but they appear at least once a week in our dreams. These are what I am talking about when I mention dream cues. Once you have a good understanding of things which exist solely

in your dream world, you can focus on seeing them at night before you go to sleep via the visualization method above. This isn't necessary, but it will increase the chances of having your dream cues more often and becoming lucid. Eventually, while you are dreaming, you will recognize one of your dream cues and become aware of the dream.

Or You Could do it the Easy Way...

Okay, here's my biggest secret. You really don't need any techniques at all to have a lot of DILDs! (I bet some people who read all that stuff are gonna be mad now. Haha. Sorry you guys.)

Even if you're not a natural, you can teach yourself to think like one. If you can do that, you'll have LDs all the time without really trying. The thing that works best is simply awareness. And I really mean awareness. Most people go through their days thinking about where they need to be going next, and what they need to be doing, and wondering where they should be eating. They spend very little time being truly aware of their surroundings. This is where that meditation stuff really helps, by the way! Meditation teaches the kind of awareness I'm talking about. The easy way to LD is a state of constant awareness. Make your day one big long reality check. Only instead of a specific RC, begin to question everything around you at once. Quiet your mind, and simply be aware of your state of consciousness. Be aware of the FEELING of LIVING and being AWAKE. It's a much different feeling than being asleep or even astral projecting.
I believe that many natural LDers do this unconsciously. They just "know" when they are dreaming because they know it feels different. This also may explain why naturals have a hard time explaining exactly how they get lucid. They don't really GET lucid...they ARE lucid every moment of the day and night. Also, during the day, remember that reality, too, is subjective. In a way we human beings are always dreaming, because our minds are always interpreting what our senses are gathering, trying to make sense of what's around us. Is reality objective, or is reality simply the interpretation we get in the end? Human beings are truly unable to examine the objective world completely. By the way, if you already have problems distinguishing reality from a dream, or have schizophrenia, or any other serious mental conditions I DO NOT advise you do this, because if your mind is unstable the last thing you should be doing is questioning reality or considering reality a dream. The best way to learn about awareness is to pick up a book on meditation, Buddhism, or Taoism. Meditation is a tool that can teach you what true mindfulness feels like. The real trick to getting lucid is to keep that feeling of awareness going on all the time, even if it's not always completely conscious.

Awareness Addendum:
The key to constant awareness comes from the fundamental idea that all reality is another facet of a dream. Time is illusionary. Today will soon fade and cease to exist. Everything you know in this world can be changed in an instant, at any time, for any reason. This is just the same way your dreams are. This is what Dream Yoga teaches. All things are illusionary, all things change, and all things fade. This is the reality of existence.

- Everyone has some ideas as to what they want to do in their lucid dreams. So think of a lucid dream that you want to have tonight. Got an idea? Now that you've thought of a good dream, try visualizing it. It helps to use real memories....for example, imagine that you're tasting the chocolate, and at the same time remember how chocolate tasted the last time you had some. Decide what the buildings look like, who will be there, what you will do, and make it all as detailed as possible. Basically, daydream.
- Remember that every moment today passes, becoming nothing but memory, as a dream. All things are illusionary, and all things in constant flux. Keep in mind that right now, this reality, is only another form of dream. Keep this in mind as often and as long as possible. So when you do reality checks (hopefully frequently, since RCing a lot during the day can help ease you into a constant state of awareness), try to think about some of these things.

How to WILD

A lot of people have asked me how I have WILDs, and since my way of doing it is a little different than most, I thought I'd explain how I do it here. The first and most important part is the WBTB. For me, it only needs to last about 30 seconds. I wake up naturally between dreams/sleep cycles so it's pretty easy for me. If you never wake up at all during the night, you'll have to set an alarm. Try to set it for about 4-6 hours after you first fall asleep. While it is possible to WILD before sleeping at all, generally I've found it a LOT easier when you're already somewhat rested. So it works best either during the day for a nap, or after about a half night's sleep or more. So in your WBTB, you want to be drowsy, but your want to keep your mind alert. So just get up out of bed, write down any dreams you had so far, go to the bathroom, get a sip of water, ect. Try not to watch TV or read--you want to keep your mind in sleep mode and it may be harder to fall back asleep.

Be sure that when you go back to bed, you're not in the same position you woke up in. It helps a lot to be in a position that you don't normally sleep in, so for example if you sleep on your side, then lie down on your back for the WILD.

This is where meditation really helps. When you lie down, first you want to keep all your normal daily thoughts from popping up. If you start thinking about the day ahead, or what your friend said to you or what project you need to finish at work, you will not be successful. So be sure to clear your mind of any intrusive, distracting thoughts. Remember--don't try too hard to force them out. Just like with meditation, let yourself finish the thought, and then redirect your attention to being aware of the environment. White noise really helps. I usually have a fan on all night. Try to focus your attention to the white noise. As you're falling asleep, do you notice any strange distortions in the sound? I usually almost hear faint music, or sometimes whispers. This is passive HI. What you want to do is actively control it now. This will get your mind into the state of lucidity AND dream control before you're even really asleep. So when you start to hear the weird little distortions, think of something to change them into. For example, it sounds like creepy faint whispers. Make them more

audible and make them say funny things instead. Or change it into music. Remember to be constantly and actively changing what you're hearing. This should also help keep you from having those horrible attacks of random itchy spots that will jolt you awake again and ruin the whole WILD. After a while, you should go into some kind of sleep paralysis. When you do, it'll be pretty obvious. Remember not to try to jerk your limbs to see if you're in SP, because even if you are asleep this action could wake you up again. Gently try to move a finger, or a hand. You'll likely start hearing loud ringing or roaring sounds in your ears. Don't let the SP scare you. You need to keep calm, and not let it drag you into unconsciousness. Keep in mind that you may not always go into SP! If it's been several minutes and you've been focusing on the sounds you're creating, move on to the next step.

So now that your body is asleep, it's time to segue into your lucid dream. So instead of focusing on changing the sounds, now you want to start visualizing yourself inside your lucid dream. At first it'll be like watching it happen on TV, but very soon your mind will accept it as the dream and you'll jump right into it naturally. This is what's known as a mental WILD. Before you ever go to bed, you may want to decide on what dream you want to have in your WILD. The crazier it is, the better. Visualize yourself having the dream during your WILD. During the day, imagine yourself in the dream and imagine what the environment will be like, the characters, and what you want to do in it. This will make it much easier for you to visualize the dream when you want to WILD. You may see your dream in a sort of tunnel vision at first. This happens sometimes. Just try not to focus on the fact that the vision is limited. Just stay relaxed and be aware of what you CAN see, and eventually it will begin to get larger. Don't stare at it too hard, or it may disappear. Keep your eyes relaxed and watch it grow in the same way you watch someone go by in the corner of your eye. Once your dream is starting to become realistic in your eyes, be sure to remind yourself again that it IS a dream, and allow the environment to become the dream instead of trying to control it anymore. Your subconscious will keep it more or less, stable, allowing you to move on to the fun stuff you're planning on doing.

Dream Work and Dream Control

Common Problems in Lucid Dreaming

One of the biggest blocks people complain about is waking up just after becoming lucid in a dream. the reason this happens is that, when you are lucid, you are already extremely close to waking up. So when your consciousness jolts, your brain wakes you up. The only real way to get past this is to just practice and try not to get overexcited once you become lucid. Once you are lucid, theoretically you should be able to go straight to dream control. Tell yourself, "I'm going to fly!" and just do it. The majority of you won't need any further help than this. However, some people may have to take some time to "unlearn" the restrictions of their waking life. This is much easier to do if you have some kind

of spirit guide to help you, as it is with astral travel. Again, it just takes practice. You may want to start with small things, like morphing objects. Since objects often morph or mutate on their own in dreams, this should be fairly easy.

Dream Control and Experiments

Once you begin having lucid dreams, you can start practicing dream control right away. There really isn't a right way to do this. All you need to do is practice and try different things. In this state, you are literally only limited by your imagination. Here are a few things you can try:

- Flying--Everyone's favorite. If you're still having trouble with blocks, try jumping from a tall building and gliding or slowing your descent.
- Lights--This is a simple form of control, but it's actually very hard to do. Turn out the lights. Now turn them back on. It's harder to get the lights back on, isn't it?
- Marbles--Create a small bag of marbles. Take them out, name the colors that you see, and then mutate the marbles into objects of that color. Congratulations, you have now just proven that dreams are, in fact, in color.
- Explore and Alter the Environment--Once you've got the hang of creating things, start with even bigger things like buildings and dream characters. Create a pool, an amusement park or a mansion. Relax and just enjoy yourself.

Dream Healing

Lucid dreaming can be very therapeutic. When you are asleep, the part of your brain that restrains your emotions essentially shuts off. This may explain why we are so very emotional in our dreams. If you have a current issue or problem in your life, you can try to work it out through your dreams. There are a number of books of the subject, and the idea is becoming more and more popular among therapists. If your problem deals with a specific person or situation and you have an idea of what you must do, you can create the problem situation in your dream. Once you have that done, you can try to do some role-playing with your dream characters. This way, you can practice resolving the situation in a realistic setting. Try not to influence your dream characters to act out of character. While it may help your ego, once it's time to deal with the problem for real, you won't be very prepared. Another thing you can do is ask your subconscious mind directly. In a dream, every person you see is you. Talk to one of your dream characters about our problem and ask for their advice. You may be very surprised at how helpful their answers are. If you are especially intuitive, your dream characters may even make accurate predictions about your situation.

Confronting Nightmares

One of the most popular uses of lucid dreaming is the "curing" of nightmares. I have already done my rant about this in the original dream thread, so I won't bore anyone by repeating it here. In any case, studies show that with lucid dreaming you can cure up to 80% of your nightmares. Now, if you have

a repeated nightmare, it probably means something. So while you can use your dream control to change the plot, I don't suggest you do it just because it's the easy way out. However, some nightmares are about fears which need to be overcome. In this case, I encourage you to empower yourself and defeat your dream adversary. It is a good idea to refrain from destroying a dream adversary right away. After all, it is there for a reason. The best course of action is to disarm your foe, and then start asking questions. "Who are you? Why are you here? What do you want?" The dream adversary will usually be very candid. It exists to get your attention after all, and now it HAS your attention. It can send its message directly to you instead of scaring you into remembering the dream.

WILD - "Wake Induced Lucid Dream"

Official Dreamviews WILD Tutorial

Wake Initiated Lucid Dream – WILD: Basic tutorial for Beginners

WILD stands for "Wake Initiated Lucid Dream." The goal is to pass directly from a waking state, to a state of lucid dreaming, without ever losing consciousness. Where DILD is passively reliant on memory and habit to increase the dreamer's chances of becoming lucid, WILD is a meditative process in which the dreamer actively witnesses the onset of sleep. WILD is often seen as the most direct path to lucid dreaming, but also one of the most elusive.

Preparation

Chose a good night for your WILD ahead of time, and make it an event. Think about it during the day, and set your intention to succeed. You will need a peaceful environment, free from distractions. If you share a bed, you may want to consider moving to a guest room, or the sofa for your WILD. Comfortable ear plugs and a sleep mask are helpful to block outside distractions. Proper timing is critical for a successful WILD. Most lucid dreams happen during REM sleep, when brain activity is high. Time your WILD so you will be falling asleep as you enter a long period of REM sleep. At night, the best time for WILD is normally in the later hours of your sleep, when REM cycles are close together and last the longest. You can easily chart your REM sleep by noting the time when you wake to record a dream journal entry. People have a natural brief awakening after every REM cycle throughout the night. Your natural mid-night awakenings will fall at the end of your REM cycles. Begin your WILD approximately 20 minutes before your next REM cycle. For example, If I knew I normally had vivid dreams between about 4:30am to 5:00am, I would begin my WILD at about 4:00am or 4:15am. Afternoon naps are also a good time to make an attempt, since most people have a REM cycle in the late afternoon or early evening. When you nap, pay attention to the time when your best dreams occur. This time of day is your target. Attempting to WILD when you first go to sleep at night is not recommended. You can do everything right, but there will be no dream available for you to enter (or at most, a brief and unsatisfying dream).

Relaxation

Begin by closing your eyes and lying in a comfortable position. Your goal is to become so relaxed, you lose track of your body altogether. You are going to coax yourself into a deep trance-like state that will, effectively, let your body fall asleep while you maintain some awareness. If you have experience with meditation, use your favorite relaxation method. If your thoughts are racing, calm your mind. Let each thought pass through your mind, recognize it, and then let it go. When your mind is settled, tell yourself firmly that the next thing you see will be a dream. The next thing you experience will be a dream. Bring your attention to your breath. Breathe slowly, comfortably, and evenly, counting each breath on the exhale. Imitate the breathing of someone who is sleeping. Move your attention to your

feet. Feel them relaxing and gently sinking into the bed under their own weight. Now move your attention to your head and face. Feel the muscles in your face relaxing. Relax your neck, and let your head sink gently into the pillow under its own weight. Do this for any part of your body that feels tense or uncomfortable.

When you feel loose and comfortable, start to imagine your body swaying side to side, or rocking back and forth. Imagine you are swaying loosely to the rhythm of your breath and your counting. If you feel any annoying itches or twitches, scratch them, then go right back to what you were doing.

Falling Asleep - Mind

When you feel relaxed, and your thoughts are beginning to wander, it is time to fall asleep. Roll into your normal sleeping position, if you are not already there. It is time to divert attention away from your body. It is relaxed, comfortable, and ready for sleep. You don't need it anymore. It is time to move into the space of your mind. The goal, now, is to forget about your body altogether. Continue to count, but instead of focusing on your breath, imagine each number, visually. Try to see what it looks like in your mind's eye. If you like, imagine the numbers on a clock, or drawn on a chalk board, or something similar. Try to see them changing. If you lose count, just start at the last number you remember. Losing count is a good sign that you are starting to fall asleep. If you are not fond of counting, you can use a mantra to keep your mind aware. Mantra is a short phrase that you repeat. It can be something simple like "I'm dreaming". Your thoughts will start to stray. You will catch yourself thinking of strange things, or witnessing unbidden snippets of dreams. If you get lost in these images and let them play out, you will fall asleep. You need to remain aware, with your intention set while this happens. Remind yourself that this is a dream. Picture yourself performing your favorite reality check over and over again. If no dreamlets are forming, you can induce them yourself. Imagine a recent memory that comes to mind easily. Chose something familiar and tactile. You want to engage your sense of touch and movement in the memory. For example, you might Imagine walking through your house, running your hands along the rough walls, grasping the cold door handles to open each door. Try to make it feel as real as possible. Stay patient and confident. You are trying to hold yourself on the edge of sleep until your next REM cycle begins. Hopefully you timed things correctly, and you won't have long to wait. Keep picturing yourself performing reality checks, and reminding yourself that the next thing you see is a dream.

Transitioning

When your REM kicks in, you may experience some hypnagogia. You may see visual hallucinations, such as faces, geometry, or lights. Some people hear sounds such as voices, loud bangs, or buzzing. Sometimes the hallucinations will be more physical. You may feel pressure on your body, powerful electric vibrations, or the feeling of motion and speed. These hallucinations can be convincing and startling. You are witnessing yourself falling asleep. If something startles you awake, just calmly return to what you were doing. It is part of the process, and will not ruin your attempt. You will quickly return to your trance-like state of mind.

Entering the Dream. When you fully enter REM sleep, a dream will begin. One of your induced visualizations may suddenly feel completely convincing. One of the dreamlets or images in your mind may expand into a full dream. For the first few seconds, remain calm, and engage with the dream. Become a participant in the scene, so it becomes your new reality. Touch whatever is closest to you. Investigate your immediate surroundings. Look down at your hands, or rub them together. You want to become physically present in the dream. Stomp your feet, touch a nearby wall, or kneel down to touch the floor. If characters are present, talk to them.

If you do pop out of the dream, don't give up. Just close your eyes, imagine the scene you just left, and it will return. Sometimes it is a clean transition, other times you might bounce in and out of the dream a few times. Often times your dream starts in your room. This is called False Awakening - FA. Learn to do Reality checks each time you get up from your bed to catch these FAs.

Common Mistakes

Trouble Swallowing

If you have problems swallowing, try a different sleeping position. If you are on your back, try propping your head up with additional pillows, or tucking your chin down towards your chest. You could also try lying on your side in a fetal position. If that doesn't help, take care of what's bothering you. Scratch, adjust position, swallow. If you do it without getting upset over it, without paying any attention to it, just as you do when falling asleep when not WILDing, it will not ruin your attempt. It may set you back a few minutes, but just keep going and you will be back on track.

Twitching Eyes

Some people notice their eyes moving or trying to open as they enter REM. If this is a problem, try wearing a sleep mask. The light pressure on your eyes can help keep them closed. You could also try sleeping on your side.

Unable to Focus

Sometimes stress can distract you. It is hard to focus if you are worrying about everything you have to do the following morning, or the next day at work. Write down any distracting obligations in your dream journal so you can stop worrying about them and focus on your intention to lucid dream. If your mind is racing, try a meditative exercise to calm it. For example, you could imagine placing each bothersome thought into a large box, and closing the heavy lid. If you having hard time calming down and falling asleep because you are excited about WILDing, start falling asleep normally and continue with WILDing when relaxed and closer to falling asleep.

This guide describes only one way to achieve WILD. There are countless mental exercises that can help coax you to the proper state of mind. Everyone is different, and no two WILD attempts will be the same.

Jeff777's Free-Falling WILD Technique

Lightbulb Jeff777's Free-falling WILD technique!

Step 1 - Free-fall
With this method, WBTB not required for entering Sleep Paralysis, but it's very helpful in entering into a WILD. Lie down in whatever comfortable position you want, and let your mind chatter or go over what it was doing that day. This is good. Most relaxation or SP induction exercises teach you to clear your mind and focus on something.. But doesn't your mind usually trail off to something else? That's because your brain has processed a lot of information that day and needs time to unwind, just as you, after a hard days work, need time to unwind and relax when you get home. Passive awareness of your thoughts at this stage is key for moving into the next stage.

Step 2 - Chaos theory
Once you start noticing illogical images and patterns (only the illogical ones signals the cue to move on!) making its way into your mind, then you're ready to move to step three because at THIS point, your body is going to sleep and the part of your mind that deals with logic and reasoning along with it. Any sudden thought that, with conscious logic and alert reasoning, does not make sense is considered an "illogical thought"; and for understanding purposes, the term chaos refers to illogical images and random thought patterns. If you'd like to speed up the free-fall into chaos process.. try free-falling "with a weighted jacket on". You can do this by creating illogical images and thoughts yourself. This essentially speeds up the shut-down process. After 5 - 10 minutes of doing this, you should have effectively triggered the neocortex/frontal lobe to begin hibernating, thereby tricking it into creating illogical thoughts and images now on its own accord, without your assistance anymore. I only recommend speeding up the process if you're good at passively observing your thoughts and have no problems catching yourself before you fall too far.

• Sometimes these thoughts will shift in quickly when you're relaxing. When the first one hits my mind, I like to mentally recognize it and sit in a little chair and watch where else my mind continues to go until I think its time to stop free-falling into chaos and begin the next step.
• I call this the free-fall relaxation technique because unlike most tutorials that want people to creep into the SP process, I encourage one to free-fall to great depths but to catch oneself before hitting the ground (unconscious sleep), by using all 5 steps. The steps used in this method cut my learning curve down and allowed me to enter into WILD's more quickly because I'm able to enter SP more quickly. If you're sufficiently relaxed and you've passively noticed your thoughts becoming illogical (free-falling into chaos), you're ready to pull that rip-cord and move on.

• If you feel as if you haven't let yourself fall far enough.. resume the free-fall technique until you're deep enough to move on. Passive awareness IS KEY.

Step 3 - Readjustment
If you weren't lying on your back already, then the next step is to lie on your back. Some sleep studies suggest paralysis is easier to attain when lying on ones back. If you find it difficult to stay in this position comfortably because you are accustomed to sleeping on your side - tilt your head sideways on your pillow. That should offer some balance.

Step 4 - Deep Breaths
What you want to do next is elongate your breathing. You want to mimic the body's natural breathing pattern when it's asleep. When sleeping, we tend to breathe deeper. You don't want to take very deep breaths but you do want them to be somewhat longer than how you breathe when you are awake. Like with Chaos Theory, after about 5 - 10 minutes of doing this step, your body should naturally take over this rhythm and you won't be required to force this breathing anymore.

Step 5 - Maintaining State
Your body is sufficiently relaxed, your breathing is as it is when you are sleeping and your mind has free-fallen enough to where its logic and reasoning centers are trying to shut down, - Now that the hard part is out of the way, it should be smooth sailing from this point on! So now, let's maintain awareness.

• If you notice yourself slipping away, try doing basic math. Nothing complex, but something that requires some actual thinking... not automatic answers.
• One thing I've found that helps me is by mentally repeating, in between breaths, "I remain consciously aware as my body falls to sleep". If you want to maintain logic, reasoning and awareness as your body falls to sleep, - in between breaths, mentally count down from 100 - 1. You should shift into sleep paralysis before you get to 1. If you haven't shifted yet, Count down again. The shift is unmistakable. You may feel vibrations, a wave of energy sweep over you, a lead blanket being pulled over you, or you may even notice your hearing shift from external to internal (real time hearing). All of these are indicators that you've successfully (and consciously) entered into sleep paralysis.
• Try to remain as still as possible. Swallowing saliva won't help you but won't hurt that much either. It all comes down to awareness and focus. Energy flows where attention goes. If too much focus and attention is going to your throat (to swallow or not to swallow!?) instead of relaxing, then more energy is going there as well. Result? You won't be going to sleep anytime soon.

Something every LD'er should know.

Hey guys, this will be pretty short. From reading over the questions posed to me by many attempting the "Trick your body into fall asleep while keeping your mind awake" method...it's become quite apparent that a majority of the people i'm approached by have similar problems that they can't seem to shake, but in my opinion are the easiest to solve. These problems i'm referring to are as follows...Attempting to LD at night, how to keep your eyes from moving/opening, how to stop swallowing (or at least how to do it without reseting your internal clock), and the "wave" of Sleep Paralysis. Although i've posted some very helpful information to assist you with said information in the aforementioned link, i'll go a bit more in depth here.

Q: Why don't I ever seem to succeed when Ld'ing at night!
A: Because you're doing it...at night. Look, LD'ing or having an out of body experience without a couple of hours of sleep under your belt is as i've said time and time again "like fighting an uphill battle." It's not easy, believe me I know...but keep at it. And to add more credibility to WBTB's i'd like to inform you that 99% of my LD'ing and OBE'ing success has been because i've gotten sleep first and woken up after a few hours, only to go back to bed again. Don't make it harder on yourself...but if you still don't believe me and you're of the mind "Jeff, wtf do YOU know!! I'm gonna do it wheneva wheneva wheneva I want!". Fine go ahead. But let me explain something to you first. Your body is a chemical producing machine. It produces certain chemicals to keep us functional on a daily basis. The chemical responsible for awareness/clarity/consciousness dwindles down through the day from being used and only through sleep can that chemical be increased. My point being, biologically...it's harder to LD at night.

Q: My eyes won't stop twitching and moving! It's hard to keep them closed and whenever I get deeply relaxed...they want to open again!!
A: Got a case of the "over-eager and don't want to stay closed eye syndrome?" Copyright Pending. Sadly folks close-sesame won't work for this. The thing you MUST understand is that your body is a complex machine...your exterior is physical and there are certain things you must do for/to it if you want it to work in your favor. Again, i'm coming from a scientific and biological standpoint regarding this matter. You see the thing about your eyes is that throughout the day they are constantly on the move (this is called "micro-movements"), looking in many many directions, literally moving thousands of times before you turn in for the night. So your eyes are on redbull, what can you do? Work WITH the body versus against it. Before you attempt to do your LD, (If you haven't done a WBTB and you're just doing it straight off) Turn your lights off 30 minutes prior to attempting (Yes, stay in a dark room for 30 minutes...this gives your eye muscles a chance to relax without trying to keep them forced-closed. This works wonders for me...100% success rate wonders. A very dimly lit room can work as well, but it's not as effective as total darkness. I'll illustrate this point in a scenario i'm sure everyone is familiar with. While in a dark room, sleeping at night...ever had someone come in your room and turn on the light only to find this upsets your eye muscles and you quickly find yourself squinting so as to let as little light in as possible? Your eyes hurt just a bit because they have "adjusted" to the darkness, just as they'll have to "readjust" to the light. If you decide to WBTB before

attempting, then the lights off or dimming isn't necessary pre-WBTB, though it is necessary your lights be off when you wakeup...during your WBTB time, keep your lights dim, preferably off. How important are the eyes you may say? The eyes don't matter that much you may think? The eyes are a critical component when it comes down to WILD'ing, whether you're moving your arms or you're moving your eyes...you're still moving and that can halt your chances of success.

Q: I can't stop swallowing! Everytime I try and focus on stopping myself from swallowing, I do it even more...it hurts and the saliva wells up in my throat! help!
A: Ah yes, now we're down to the infamous swallowing. Fold a towel and place it under your head to tilt your head slightly up so that saliva can naturally slide down instead of welling up at the back of your throat. That's about 30% of the victory when it comes down to not swallowing. The other 70% is by NOT FOCUSING ON YOUR THROAT. So many people will tell me "Jeff, I can't help it...I tried so hard not to swallow but then..." Energy flows where attention goes and attention goes where energy flows. What's that mean? That means the more you focus/direct your thoughts to something, the more you're going to increase that things chances of occuring. Sort of like the law of attraction. I had the hugest problems with trying "not to swallow"...but that only ended up in me doing it more and more. Focus/direct your thoughts to something else...monitor your body passively and let it do it's job without you focusing on every aspect of what's going on...what job is that? (TO GO TO SLEEP) When I stopped focusing on my throat and tilted my head up...swallowing when attempting a WILD was never a problem for me again. In the end, if you have to swallow...let it be something that's natural where you almost don't notice it...instead of consciously debating in your mind when the urge presents itself, whether you're going to or not.

Q: I've never felt a "wave of energy" when attempting, i'm a failure!
A: And you very well may never feel this "wave" i've heard so many talk about. I can recall only experiencing this "wave" once when transitioning into sleep paralysis. In my experiences with sleep paralysis...i've sunken through my bed, felt this "wave" of energy, felt vibrations, heard very loud beating on my bedroom door, and heard horrible blood-curdling screams right outside my bedroom door. These are (but not limited to) what you may experience. The buzzing sensation, ringing/roaring in the ear, and music being played are things that are a common occurrence during sleep paralysis...though i've never experienced them. Point made.

To each and every one who has been trying and progressing (And by progressing, I mean learning more and applying what you're learning to change the results you're getting; eventually yielding better ones) I'm proud of you and through persistence and competence...I don't doubt that we will eventually reach our goal of being able to LD/OBE on demand. I hope this helps.

Mancon's Simple Visualization WILD Technique

My old guide described the basics of WILDing but did not include my own personal technique. This guide will be focused on visualization. When reading this guide, you should have a basic understanding on WILDing as I won't be defining any general terms such as SP.

Visualization..

When doing this technique, it is preferable you have a great imagination and can visualize/imagine things well. If you tend to day dream, V-WILDing is recommended for you! Your imagination is what makes this technique work. If you want to work on visualizing you should Google 'visualization excercises'. They will really help. Okay, so first of all imagine a scene you would like to start a lucid dream in. I like to imagine sitting in a vivid grass field leaning against a continuous white picket fence. The more details, the better. Remember to include most of your senses. Are there going to be any other people in that scene? Any particular smells? Anything you can taste? Any unusual surfaces you can feel? It may help to draw it out if you are an artist. Imagine yourself sitting in that scene or standing still just watching everything around you. This will be the dream scene you'll start your WILD in.

Time To Dream!

Get up at the ideal time for you to WILD and do what ever you need to do before you get started. Go to the the bathroom or anything else before starting. So many WILD guides focus a lot on SP, HH, etc. These are good but when people are trying to WILD all they start think about is SP, HH, transitioning, and their actual body. In my opinion, you should be focusing on the DREAM and not so much on SP. Get into bed and lay still in a comfortable position. Close your eyes and relax, but don't fall asleep! You want to stay aware enough to get into the dream. Now visualize your dream scene and focus on it. Remember to use all senses while imagining. Notice the things around you in the scene. Don't be focused on SP or anything else..just the dream scene. The hardest thing about this is not falling alseep. Practice makes perfect! After visualizing for a while, you will feel a noticeable transition from just imagining the scene to actually being in the scene. Do a reality check and off you go! Simple at that! This was a short and sweet guide but should help a lot of people. Keep it simple! Don't stress about HH and how WILDing doesnt work for you. Just make up a dream scene, focus on it, try it a few times, and get lucid! Not everyone gets it right away so keep trying!

Mancon's In Depth WILD Guide

Hey everyone, I have been practicing WILD for a while now, and pretty much have it down, Mostly thanks to Naiya and the helpful guides here on the site! Now I want to make my own WILD guide to help you guys! Let's jump right into it:
Abbreviations you should know:

- WILD = Wake Initiated Lucid Dream

- SP = Sleep Paralysis
- HH = Hypnotic Hallucinations

What is a WILD? +Other definitions

- A WILD is a wake initiated lucid dream, but what does that mean? It means you go directly from waking state into the dream state. You trick your body into thinking you're asleep, but really you are awake!
- What is Sleep Paralysis? Sleep paralysis is when your body becomes temporally paralyzed so you don't act out your dreams! During a WILD, when you reach sleep paralysis you often see HH.
- What are Hypnotic Hallucinations? HH are hallucinations created by the brain when you are deeply relaxed. During SP many people experience HH and sometimes it can be quite scary. Don't worry! The HH is NOT real and will not harm you! HH can also come in all 5 senses. My first experience involving HH, I saw/heard/felt frogs all over my bed!

Before You Get Started

Like I say to everyone, confidence is important when it comes to everything involving lucid dreams. WILDing is easy, you WILL do it! Close your eyes and visualize yourself getting to SP, and then into a dream! That will be you in the future! It won't maybe be you, it WILL BE! If a negative though comes into my head, I imagine the thought in a ridiculous voice and don't take it seriously.

When Should You WILD?

When I was new to WILDing, I wanted to get into it right away! I decided to attempt WILDs before bed, instead of waking up in the middle of the night. Bad idea. I had no success whatsoever. Yes, WILDing before bed is possible but definitely not recommended especially with newbies! I would definitely recommend doing a WBTB in order to WILD.

So how long should I sleep before waking up to WILD?

Well, you need to wake up right before, or during REM, and everyone's REM time is different! I would try waking up somewhere between 4-7 hours after you fall asleep in order to attempt a WILD. Just experiment with waking up at different times and you will find the right time for you!

Waking Up

When you wake up for your WILD you could be too awake or too sleepy, this is what I do:

1. I am too awake!
You need to focus on relaxation.
I have put together a list of what I do when I am too awake.

A. I have seen a great relaxation technique in other guides here on the site, and it is called the Tense-Relax technique. The idea is to focus on each separate muscle, tense it, and then relax it completely. Start from the bottom up or the top down, focusing on each muscle.
B. Breathing is very important when it comes to relaxing. I start by breathing in air through my nose, holding a few seconds, and then letting it out. It helps me if I imagine breathing in positive things through my nose and then breathing out any negative things through my mouth. It improves my confidence, and ability to WILD.
C. If you are still not relaxed, listen to some calming music. I have put together a list of music I listen to for relaxation:

- Relaxing Ocean Waves
- Tranquility
- Fireplace
- Relaxing Nature
- It also helps to visualize myslef somewhere relaxing while listening to the music.

2. I am too relaxed!
You need to get up and walk around. Pay attention to objects, what they look like, smell like, taste like, etc. If I am really tired I put some cold water on my eyelids. Drinking water always helps me too. Remember to empty your bladder before WILDing!

Starting the WILD
Lay down, and stay still. Don't focus on anything too hard, and just let your thoughts run through your head. Don't pay attention to your thoughts too much, but be aware of them. These were my thoughts when I first attempted WILDing:

Okay, so I just stay still.
Stay still
Stay still
Keep still
That itch is itchy, but I need to stay still.
I want to move.
Oh my gosh, I am attempting a WILD
Keep still
Will I ever get into SP?
keep still
stay awake
Why isn't this working?

I was focusing on my thoughts too much, and way to worried about WILDing. You have to let them pass through, if you want to get to SP and remember you can WILD!

After 10 minutes of laying completely still, I roll over, as suggested in Yoshi's Technique. Then if I don't enter SP after 10 more minutes, I roll over again.

How Do I Stay Aware?
Sometimes, if I feel like I am falling asleep I focus on my breathing and count my breaths from 1-10. Once I get to 10 I start back over at 1. Sometimes, I listen to a noise in the background like a fan, but remember not to focus too hard on the sound. I have seen people suggest causing physical discomfort while attempting to WILD in order to stay awake. I don't recommend this because you think about your physical body too much, and it isn't comfortable.

I don't think I ever have SP...
Unless you sleepwalk, or have a sleep related illness that lets you act out your dreams, you have SP. Don't worry!

How do I know I am in SP?
Not everyone experiences HH, so how do they know they are in SP? Usually you will fill heavier, and a bit of numbness. Sometimes, you have a change in awareness or thoughts during SP.
Remember, do not try to move to test if you are actually in SP! Just stay still, and stay relaxed.

You're in SP!
Congrats on making it this far, but remember not to get too excited! Once you enter SP you might start to experience some HH. Don't focus to hard on your HH, just watch it come and go, calmly. Remind yourself that HH will not harm you in any way. After a couple a minutes, images should expand and you are in a dream! Congrats!

So, is it possible to alter your HH?
Yes, it actually is! When SP is starting imagine your HH changing to what you want it to be. For example, If I wanted to see a park I would imagine how that park looked, how it felt, who was in it, what is sounded like, etc. This works very well for people who have a vivid imagination.

What are common HH?
Colors, whispers, stars, and vibrations are all common when it comes to HH.

Dream Stabilization

Stabilizing your dream is important to do with any lucid dream, but especially with WILD. So how do you stabilize your dream? Stimulate your senses. Look around at your dream scenery and concentrate on what everything looks like. Feel the ground, smell the air, taste any food, etc. It is also recommended to spin around or rub your hands together to stabilize the dream. Read more about stabilization here.

False Awakenings
Sometimes you think the WILD has failed when really you are having a false awakening! A false awakening is when you dream of waking up. This is quite common when it comes to WILDs, and if you think the WILD has failed ALWAYS make sure to do a reality check to see if you are having a FA!

Problems

Itching
Help! I itch everywhere when I try to WILD! How can I stop this? Well when you are first starting the WILD out and you start to itch, it is best just to scratch it and not focus too much on it. When have an itch, it takes over your thoughts which is bad. Once you get deep into the WILD and have an itch, I either try to ignore or focus on it. For me, if I focus on an itch then it will go away. Remember, try not to let itches take over your thoughts, think of something else. Sometimes if I think about water, the itches go away.

The Urge to Swallow
If you have the urge to swallow, go ahead and swallow. Thinking about the urge, will make it worse. Just stop thinking about it. If you have real issues with this, then during the day focus on your breathing, take control of it, and then let go of the control. You did this by distracting your thoughts. If you find it hard just keep practicing and it will get easier!

Thank you for taking the time to read this guide! Good luck!

KingYoshi's WILD Technique

Yoshi's WILD Technique...
WILD stands for “Wake Initiated Lucid Dream.” The goal is to pass directly from a waking state, to a state of lucid dreaming,
Alot of people have been asking me about my WILD technique lately, so instead of explaining this everytime, I figured I would type it up here. I have been using this WILD technique for some time now and it seems to work wonders. Only problem is, I am a natural at entering SP (sleep paralysis) anyway, so I wonder how well it really works. If any of you give it a shot, let me know how it went. Its actually a simple technique, but I explained it rather thoroughly to help you understand. Here it goes...
(Use this technique with WBTB or during Naps.)

Step 1: Relax
If you are using WBTB your body should be properly relaxed already. If not, use your favorite relaxation technique. I lie down and read a chapter or so of a book to relax. It works for me and isn't boring or complicated like other relaxation techniques.

***Step 2: Flex Freeze**
This step is used as your final relaxation. Lie flat on your back and close your eyes. Try and keep your eyes in a fixed, but relaxed position. Flex your arms/hands/shoulders, hold the flex for a second, then allow them to go completely limp (don't move them again after you have done this). Next, Flex your legs/feet, hold the flex for a second, then allow them to go limp (don't move them again after this). Now flex your neck muscles, hold it, go limp (don't move your head/neck again). Finally, flex your stomach/abs, hold it, go limp. From here on, do not move any part of your body if possible.
***Step 2.5: Reverse Blinking**
This is where you can add the reverse blinking technique if you wish. After completing the previous step, begin your reverse blinking session. Once you begin to feel tired (your eye lids getting heavier and heavier) and feel like you could easily fall asleep, carry on to the next step.

To reverse blink, close your eyes for a minute or so. After this short period of time, begin to flick your eyes open and closed again every few minutes. You want to try and mimic a normal blink as much as possible (only in reverse of course). Make sure you aren't slamming/forcing your eyes open and closed. Keep your eyelids nice and relaxed as you quickly flick them open and closed. After performing this for a period of time, your eye lids will feel heavier and heavier. At some point, you will not be able to reverse blink your eyelids without forcing them open. This is the point where you should stop reverse blinking and move on to the next step.
Step 3: Getting into SP
This step is simple. Lay completely still and try not to move at all. Let your mind wonder, but do not focus on any of your thoughts. Just casually allow them to pass through your mind without truly focusing on them. Make sure you are aware of your thoughts so you don't fall asleep, but don't think upon one thought for too long. After laying completely still for about 7-10 mins or so, Change position. I roll over to my side. Keep your eyes closed during the position change. Once again lie completely still and let your mind wonder freely. Keep changing position in 7-10min intervals until you begin to enter SP. Most of the time, I enter SP right after my first position change.
(Some may ask, "Why would this work?" I believe this works because subconsciously or consciously someone attempting to WILD often becomes frustrated and overcome with doubt when laying still for long periods of time without results. Remember, if you don't believe you can succeed at WILD, then most likely you will not. I think that the mind sees your position change as a fresh start. You don't worry about and focus too much on not moving because in 10mins you know you can move again. Because of this your mind is more relaxed during the 10min intervals and I believe this allows for better success entering SP.)
Step 4: SP
Once you enter SP, casually watch any Hypnagogic Hallucinations you may have. Just like your thoughts from before, do not focus on the HI, just casually watch them pass by your "mind's eye." Similar to watching a t.v. show that you don't particularly care for. If you get freaked out just think to yourself "Its not real...Its all in my mind...I can't be harmed" Make sure you remain still and as calm as possible during this time (if you happen to move or get excited, don't give up or start over, just carry

on with the process trying to remain calm and relatively still). Just allow the process to do the work for you. Once you see a full dream scene (with WILDs you will generally see the ceiling or the sky from your laying position, it is often referred to as seeing through your eyelids), stand up from your resting place and you should now be lucid! I suggest performing a RC upon waking, especially if you think you have failed. Often times with WILD your dream starts right where you fell asleep in waking life. The room can look exactly like it should and this can sometimes fool you into thinking you have failed. Plus, it is very possible to have a False Awakening as soon as you transition.

* This step is optional, but I highly recommend it.

I have seen more than a few members across the forum who are having trouble achieving lucidity no matter what technique they try. They either can't seem to either achieve lucidity for the first time (which can be the hardest for many dreamers), or are in a long dry spell and can't seem to get out. I have suggested this to a few already, but I figured I would go ahead and post this technique for everyone to see (plus I don't want to have to type the whole thing up every time). I don't use this every night, because I don't want it to become routine (it probably won't work as well if you overuse it). It works like a charm for my dry spells though...

Dry Spell Killer: The Actor's Technique

For anyone experiencing a dry spell or having trouble achieving lucidity for the first time you can try this simple "mind over matter" technique. I use this to help break out of dry spells and I generally suggest it to others who are experiencing dry spells. I think it will also help first timers achieve lucidity. Basically here it is...Upon laying down to sleep you need to alter your state of mind. Basically, act as if you are an expert/experienced lucid dreamer and you know 100% that you will have a lucid dream. Don't only say/think to yourself that you will have a lucid dream, but truly 100% believe that you will achieve your goal easily. The best way to describe this "state of mind alteration" is to compare it to acting. Many actors and actresses "get into character" for their particular roles. They will spend several days (or even longer depending on the actor/actress) acting as if they are a completely different person to better prepare and play their role. Basically, you are trying to "get into the character" of an experienced/expert lucid dreamer. You could even go as far as getting into the character of "The Best Lucid Dreamer Ever." The idea is to fall asleep knowing and expecting yourself to become lucid, because you have done it millions of times before and it is easy for you. If you can do it correctly, and truly convince yourself that you will achieve lucidity, than it will greatly raise your chances of success. During a dry spell, I do this for as many nights as I need to break it. I usually am able to overcome my dry spell the very first night trying. Make sure that if you do not succeed, that you stay "in-character" and tell yourself/convice yourself that last night was a fluke and there is no way you won't become lucid the next night. You would be surprised how well this simple method can work. All it takes is a bit of "acting" !

Note: This isn't a WILD method, but you could try it with WILD if you like (I actually have never paired it with a WILD before). I simply use this as I fall asleep normally. Usually when I succeed, I just randomly become lucid in my dream. Essentially its just a DILD/MILD method.

KingYoshi's Complete WILDing Guide - All my techniques & secrets revealed (WILD,DEILD,WBTB+more)

General Keys to Success

With any induction method/technique there are three keys to long-term success.

1. Effort - Aside from the handful of natural lucid dreamers out there, the rest of us have to put forth the effort and work toward lucidity. Without that drive, you aren't going to have the kind of results you are looking for.
2. Confidence - This one is as simple as the first. You need to be confident in your abilities. I don't care if you just joined yesterday and literally have no clue what you are doing. EVERYONE can lucid dream regularly.
3. Experience - You don't even have to do anything special for this one. Every single thing you do while practicing lucid dreaming, works toward experience. Just keep practicing and gain experience from every success as well as every failure.

What is a WILD?

WILD stands for (W)ake (I)nduced (L)ucid (D)ream. Basically, it is where you enter the (lucid) dream state, directly from the waking state, WITHOUT a lapse in consciousness. You stay aware throughout the entire process. You fall asleep, see the dream form, and enter the dream state without ever "blacking out"/losing consciousness. Here is a link to the DreamViews' wiki page on WILD: Wake Induced Lucid Dream

What Everyone Needs to Know Prior to a WILD Attempt.

A) No matter when, where, how, or why you are attempting a WILD, there is only one thing you need to do every time. That one thing? FALL ASLEEP. Its simple and no matter how perfect you are at performing a technique/method, if you don't fall asleep, you can't WILD. Its as simple as that. If you find yourself struggling, ask yourself, "Am I just not falling asleep?"
B) There is only one root difference in falling asleep "normally" and WILDing. That is your level of consciousness. During "normal" entrance into the state of sleep, we fall unconscious. During a WILD you want to fall asleep exactly like any other time, but maintain a certain level of consciousness. Basically, you want to fall asleep AND witness/observe this process as it is happening.

These two concepts apply to every single valid WILD technique and method out there. Now, its very possible to use this knowledge alone to go perform a successful WILD. The rest of this guide is going to help explain certain aspects of the process to help further your success.

SP and Why I Use the Term.

SP stands for "Sleep Paralysis." If you grab a medical book or any other "official" explanation on SP, it is described as an actual sleep disorder/condition that effects very few individuals. The state that most people refer to as SP, is actually called Sleep Atonia. I'm just going to tell you right now, all this may be true, but I don't care nor does it matter in the least. There is absolutely no need to differentiate between the two. They both have similar effects, the on-set of both can help you complete your WILD, and they both provide a unique experience almost every time you witness them. Between the asterisks is a little extra, personal insight on the two that is meaningless to this Guide and WILDing in general.

I, personally, don't even believe these are separate conditions. There is no hard evidence or facts that differentiate the two. Only research based on observations. A disorder based on an "educated guess" diagnosis is not something I put faith in. I need hard facts, otherwise I'm basing my belief on my own experiences and observations. My educated guesses > others educated guesses, any day of the week. That is just my two cents. If you disagree with this, that is perfectly fine. My opinion on this matter and whether I am right or wrong on this matter, is completely irrelevant to this guide and WILDing in general.

If you are a "by the books person," you may disagree with my logic, but I've been doing this for years and it truly makes no difference how you look at these two. I have experienced both the on-set of paralysis and the on-set of atonia more times than I can count. So, I'm telling you now, I'm going to use the term SP as a "general term." Think more along the lines of (S)leep (P)re-stage when I type SP.

When to Perform a WILD for Optimal Success

Like everything else involved in dreaming and life in general, there are very few definites. Though, in my experience, I have been able to gather enough information to help figure out your optimal WILDing window. I'm going to separate these into two categories, Standard Sleep Time (SST), and Naps. I'll also give a little information on the sleep cycle, and REM sleep, (R)apid (E)ye (M)ovement, so you understand the concept behind everything.

Standard Sleep Time (SST) & Wake Back to Bed (WBTB)

SST

Everyone's SST is going to be different. If you work night shift, your SST is going to be during the day. Vice-versa for those who work during the day. Basically, SST is the period of time that you are experiencing longer durations of sleep. For an even more simplified explanation, this is when you say, "I'm going to bed/sleep," as opposed to, "I'm taking a nap" . When performing a WILD during your SST, you want to pair it with the WBTB (Wake Back to Bed) method.

WBTB & REM

The idea behind WBTB, is to wake up during or just before your REM cycle. That way, its much easier to get into the dream state directly from the waking state. You don't have to be in exact unison with your REM cycle. You just want to be "close enough." Between the asterisks, I'll explain a little more about the sleep cycle, so you understand the concept behind WBTB. I'm not going to go too in-depth on the sleep cycle, because all of that information isn't necessary. Plus, the sleep cycle is nowhere near an exact science. It can vary greatly depending on a plethora of different factors. So, use all this information, in the "general sense." Its just more for you to get an idea of how it works.

***I'll try to keep it as simple as possible. On average, a person experiences multiple periods of REM sleep each night. Its not a requirement to WILD during REM sleep, but that is the optimal stage in the sleep cycle for lucid dreaming. REM is the stage of sleep when most dreaming occurs after all. The first REM period begins 90 minutes after sleep (on average). You can use this as a template for figuring out your REM cycle. Start with the base that REM occurs every 90 minutes. Now, keep a few things in mind....

1) The early REM periods do NOT last very long. Only a few minutes, so you don't necessarily want to try and WILD during these. Otherwise, you are going to be fighting against your body's natural sleep cycle to stay in your dreams and stay in REM. The further along you get in SST, the longer your REM periods will last.
2) As you progress in your SST, your REM cycles become closer together. They may start out 90 minutes apart (on average), but with each successive REM period, that number is reduced. Toward the end of your SST, you will be firing REM cycles back to back with very little time spent in between.***

--- So, now you have the information on WBTB, but where do you start? ---
I tell aspiring WBTBers to try and wake up after 2-4 hours of sleep, if you want to make multiple attempts on the night. If you remember a dream (even a fragment) upon waking up, then great. You have started your REM cycle and are good to go. If you can't remember anything, you may not have started your REM cycle yet. Try to sleep for 30 mins to 1 hour longer. Repeat the process until you are able to remember something. Even a fragment tells you, "Hey! My REM cycle has started." If you just want to perform a single WBTB attempt on the night, try getting up after about 5-6 hours of sleep.

--- How long should you stay awake during a WBTB attempt before attempting the WILD? ---
The idea is to try and stay awake long enough to where you won't lose consciousness easily, but at the same time, you HAVE to be able to fall back to sleep. So, you don't want to stay awake too long. No matter how long or short a period of time you stay awake, it won't hurt your ability to WILD. You can still do it no matter the time period you choose. That is strictly based on your ability to fall back to sleep. If you have trouble falling back to sleep, don't stay awake as long before returning to bed. If you find that you keep losing consciousness early on in the process, try staying awake a little longer.

Its simple logic, so don't think about this too hard. Too many beginners over-complicate this part of the process and it is unnecessary. I, personally, only stay awake for 4 or 5 minutes before performing my WILD attempt. Others have reported better success after staying awake for 15-20 minutes. Just test it and find out what works best for you.

Extra WBTB Tips

- Use this WBTB information as a guideline only. None of this information is exact, so just play around with this information and figure out what works best for YOU. Most of these times are averages and "in general" statistics. That doesn't mean they are optimal for everyone, so feel free to increase, decrease, or branch off from any of this information. Lucid Dreaming, especially WILDing, is a unique experience for everyone. So keep that in mind. I'm just trying to help everyone understand the process, logic, and ideas behind it all. I'm not trying to set any standards because with Lucid Dreaming, there are NO standards.
- I'll tell you my personal method for performing multiple WBTBs. I set my alarm for after 2 hours of SST. I do the usual, "Have I dreamed yet," test to see if I hit my REM cycle. I set my alarm in 2 hour increments for the first 6 hours. Then, I set my alarm in 1 hour increments for the rest of my SST. Obviously, the longer you sleep the more attempts you'll get in. Even if you don't succeed in your WILD attempts, each time you wake up, you are recording a dream. So, at worst, you are journaling a bunch of dreams and building up your recall. This is one of the great benefits to WBTB. Even if you don't succeed in WILDing, you are building up recall
- Another great benefit of WBTB WILDing, is getting spontaneous DILDs from failed WILD attempts. You are trying to have a lucid dream, so even if you lose consciousness and fall asleep "normally," your mind was JUST on lucid dreaming moments ago. This alone can help lead to DILDs.

Naps

Naps are, personally, my favorite time to perform WILDs. For one, you don't have to bother waking up in the middle of the night, which takes motivation and discipline. I tend to be half asleep and say, "Fuck it." I just turn off the alarm clock and go back to sleep without trying. I then wake up in the morning and am like, "Damn it!!! I did it again!" With naps, this isn't a problem. Remember the #1 rule for WILDing though, you HAVE to fall asleep. So, if you are all jacked up on Mountain Dew, its not going to be easy to have a successful Nap WILD.

---Why is WILDing during naps effective?---

Just like SST WILDing, for naps, you are wanting to play to your greatest strength, the REM cycle. Of course, you are awake, so you obviously aren't entering REM. However, your body just experienced the sleep cycle throughout your SST. It got adjusted and used to this cycle as SST progressed, until it was firing off REM cycles in rapid succession (toward the end of your SST). If you are able to sleep for more than 8 hours, that cycle will keep on going for as long as you sleep. You are awake, but your body had gotten used to that cycle and can easily hop right back into it after waking

in the morning. The longer you wait after waking up in the morning, the harder it will be to nap WILD, because your body/mind has gotten more and more used to being awake. It'll be harder to get into that sleep cycle rhythm the further away from it you get.

Sleep Cycle example theories between the asterisks...
Think about this. You didn't get enough sleep last night, but you have to get up and go to work. You are real tired until you get in the shower/etc and fully wake yourself up. Once you get to work you are good to go. After an hour or so, you hit that first wall where you are feeling tired. You power through because you have to and get your "second wind" and are good to go again. This is just your body wanting to get back into that sleep cycle it had gotten used to the night before. Since, you didn't allow yourself to go back to sleep and powered through, that second wind is your body/mind accepting that you aren't sleeping right now. This can happen several times and most everyone has experienced this before. Getting tired in a cycle during the day. Caffeine and other things like it, help deal with this and its not a problem You ever heard of someone being intolerable because they didn't have their morning coffee? Its because that coffee has helped them deal with this process. Without it, that internal cycle is still going on, or rather, "wanting" to continue on. This can create moodiness and "rolling" behavior, if you will.

---What is the best time frame to perform nap WILDs?---
This depends on the individual. Just keep in mind that the longer you wait, the harder it may be to get the WILD process started. I suggest trying 1-6 hours after waking in the morning. Now, you can be successful outside of that time frame, but this is the easiest time frame in my experience.

Now you know everything you need to know about WILDing. You can create your own process/technique using this information. You can also search around the forums and find a plethora of different techniques and styles. Find something that works for you and you are comfortable with. If you love a technique except for one single part of it, don't hesitate to change that part of the technique to suit your comfort. No technique has to be done exactly the way it is written. Use any technique or method you read as a guideline for your own attempt. Play around with things and mold it to suit your needs and comfort levels. Anyway, the next section includes my exact techniques. I'll tell you how to perform them and I'll explain my views on why they work. This doesn't mean it will work for everyone, but if something sounds good to you, go ahead and give it a try. Don't be afraid to tweak the techniques in your attempts.

KingYoshi's WILD Technique, "Rolling Victory"

Step 1: Relax
If you are using WBTB your body should be properly relaxed already. If not, use your favorite relaxation technique. I lie down and read a chapter or so of a book to relax. It works for me and isn't boring or complicated like some of the other relaxation techniques. This step is purely used to get you prepared for sleep. You don't need to over-think this one. Just get relaxed .

Step 2: Flex Freeze

This step is used as your final relaxation. Lie flat on your back and close your eyes. Try and keep your eyes in a fixed, but relaxed position. If they move around a bit, that is fine. You are just wanting to keep your eyes calm and relaxed. No, Flex your arms/hands/shoulders, hold the flex for a second, then allow them to go completely limp (don't move them again after you have done this). Next, Flex your legs/feet, hold the flex for a second, then allow them to go limp (don't move them again after this). Now flex your neck muscles/face muscles, hold it, go limp (don't move your head/neck again). Finally, flex your stomach/abs, hold it, go limp. From here on, try not to move any part of your body too much. If you move some that is fine, don't worry about it. You just want to stay relatively still after the flex freeze simply so your muscles stay relaxed and aren't being worked too much.

Note: If you are sufficiently relaxed, you can skip this step, but I strongly recommend it. It quickly gets my muscles relaxed in preparation for sleep. I quite like it.

***Optional Step (2.5): Reverse Blinking**

This is where you can add the reverse blinking technique if you wish. After completing the previous step, begin your reverse blinking session. Once you begin to feel tired (your eye lids getting heavier and heavier) and feel like you could easily fall asleep, carry on to the next step. To reverse blink, close your eyes for a minute or so. After this short period of time, begin to flick your eyes open and closed again every few seconds/moments. You want to try and mimic a normal blink as much as possible (only in reverse of course). Make sure you aren't slamming/forcing your eyes open and closed. Keep your eyelids nice and relaxed as you quickly flick them open and closed. After performing this for a period of time, your eye lids will feel heavier and heavier. At some point, you will not be able to reverse blink your eyelids without forcing them open. This is the point where you should stop reverse blinking and move on to the next step.

Note: I perform reverse blinking sometimes and sometimes I don't. Its a personal preference thing. A lot of people asked about this in my last thread, so I put it in here to show where you would perform this technique, if you choose to try it.

Step 3: Getting into SP

This step is simple. Lay fairly still and try not to move too much. If you do happen to move, that is fine. Its not going to "break you." The idea of staying fairly still is solely used to help your body get closer to sleep. Let your mind wonder, but try not to focus on any of your thoughts. Just casually allow them to pass through your mind without truly focusing on them. Make sure you are aware of your thoughts so you don't fall asleep, but don't think upon one thought for too long. After laying still for a while you may start to feel uncomfortable or get that, "nothing is happening," feeling. Now, change position. I roll over to my side. Keep your eyes closed during the position change and try not to exert too much energy during your roll. Just casually and calmly roll over to your side/a different position. Once again lie pretty still and let your mind wonder freely. People often ask, "When do I change positions/roll over?" Its not an exact time. Start with the base of every 7-10 minutes or so you can roll over. You don't have to hit that time window and try not to focus on this time window either. The idea is for the roll-over to be used as a "refresh button"

---So you said to change positions about every ten minutes or so, but wouldn't that wake you up? Why does it put you in SP?---

The ten minutes is just an average guesstimation based on my experiences with the technique. Basically, you lay there until you are getting uncomfortable or feel like nothing is happening. Its hard to fall asleep when you are uncomfortable and/or frustrated, right? The average person repositions themselves before falling asleep, or at the very least, gets into a comfortable position before falling asleep. The goal of WILDing is to be able to fall asleep first and foremost. Too many inexperienced WILDers put way too much emphasis on not moving. If you are worried/thinking about not moving and being still, this is a recipe for failure. I always found it so much easier to just not worry so much about a stationary position and I put more emphasis on comfort. When I roll over and move, I perform this process slowly as to not exert too much energy. I can't count how many times I have hit SP right after rolling over. I'll be on the brink of sleep, but I'm uncomfortable or have a body numbness that is distracting (the numbness not to be confused w/ SP vibrations), so I roll over in a comfortable position and my body is like, "Oh Yeah! Thats the spot!" And BAM!! SP sets in and I've begun the process of the transition. The reason most claim you need to stay still, is to get your body in the state of rest. They aren't wrong exactly, but they don't always explain why they are telling you to stay still. I don't know about you, but I when I'm going to sleep normally, I don't focus on being completely still and trying not to move. I just get comfortable and drift away. Same principle with my technique. Only difference is keeping the awareness as this happens.

Step 4: SP

SP can be different for everyone. Sometimes you will feel paralyzed, sometimes you may not. Sometimes, you will get vibrations, sometimes you won't. Etc, etc. Once you start to enter SP, you are going to notice something. Usually, people experience some sort of Hypnagogic Hallucination (HH). The most common, in my experience, are auditory hallucinations (hearing noises/things that aren't really there) and visual hallucinations, aka Hypnagogic Imagaery. Just like your thoughts from before, do not focus too much on any particular HH/HI. For HI, just casually let them pass by your "mind's eye." Similar to watching a t.v. show that you don't particularly care much about either way. Make sure you remain still and as calm as possible during this time (if you happen to move or get excited, don't give up or start over, just carry on with the process as if you never moved or got excited in the first place). Just allow the process to do the work for you. Same with auditory hallucinations. Just casually listen to them as if they are a tv program in the background. Try not to understand or pay too much attention to the hallucinations. Just let them do their thing and keep staying relaxed. Keep in mind that at this point, you are transitioning into sleep. Your body/mind is falling asleep and this SP is the beginnings of your dream. Think of any hallucinations you experience as the very first part of the dream you are trying to enter. Its beginning to form, this is just the first step. Relax and just let the dream form on its own. You are just observing the process, you don't need to actively try to create a dream scene. That part will take care of itself. Trying to do too much during this process, can cause you to inadvertently wake yourself up. You are falling asleep, allow it to happen. A lot of strange things can happen during the transition of a WILD. Often times, m body just starts sliding and floating all around the room. If this happens, I simply wait for it to stop sliding and moving. This

is yet another hallucination that is occurring during my transition. Just relax and wait it out. Try not to get impatient and lay there until things become relatively stable. It really takes a feel to get used to when the transition has completed. Just gain experience and learn from each WILD attempt and each trip into the transitional phase. Once you see a full dream scene (with WILDs you will generally see the ceiling or the sky from your laying position, it is often referred to as "seeing through your eyelids"), stand up from your resting place and you should now be lucid! I suggest performing a RC upon at this time, especially if you think you have failed the attempt. Often times with WILD, your dream starts right where you fell asleep in waking life, so you may not always notice that you have succeeded. The room can look exactly like it should and this can sometimes fool you into thinking you have failed. Plus, it is very possible to have a False Awakening as soon as you transition.

---Why do I never get HI? I've done WILD lots of times, and I feel the vibrations (it's really small, like in my legs) and I can hear a really quiet buzzing noise and I feel all prickly and stuff but I never get HI. I've tried to like get the scene going and let my dream take over, but the second I stop providing it nothing happens. Can you help me? And also, one more question. How do you know your in SP, like without moving to see?---

Well, HI happens most of the time, but not all the time. I've had plenty of successful WILDs where I didn't get HI at all. Its a lot more uncommon to not get HI in my experience, but it does happen. If you hit full blown SP, you will know it. You will hallucinate and dream elements will begin to happen. The hallucinations can be different every time and often times, unique to YOU. You are going to feel/notice the body change. Its going to feel like you are falling asleep and making progress. The HI is one of the last things to kick in on most dreamers, so if you've never experienced that full on SP, its not that surprising that you haven't saw HI. It really sounds to me like you just aren't getting to the stage where you are actually falling asleep. The small vibrations are numbness which is one of the first things that can happen, along with the light buzzing. You are right on the verge of hitting that full blown SP. Also, don't try too hard to force things. Just casually gaze into the darkness of your closed eyes. Stay calm and just let things happen on their own. If you are trying too actively to get the scene going, that is going to hinder your progress. The primary goal should be relaxing and striving toward sleep. The idea is to teeter right on the line between consciousness and unconsciousness. That is why WILDing consistently is such a delicate process. My best advice to you is to just keep trying and keep practicing. Makes sure you don't try too hard to push the process along. The best way to speed things up is to just fall asleep faster. Best way to do that is to relax and stay comfortable. Casually observe the darkness and the HH will start to slowly show itself. Don't be looking around for it in the darkness, just observe and let the process play itself out.

* This step is optional, but I highly recommend it.

First thing's first, DEILD can be the easiest technique to inducing a lucid dream. What you have to do, is simply become aware of yourself waking up before you fully wake up.

When and how to DEILD

At the End of a Lucid Dream (Chaining Lucids)

There are several opportune times you can successfully DEILD without any sort of premeditation. The easiest of which, is at the end of a Lucid Dream. This is known as "Lucid Chaining" and it is very easy to do. If you are within a lucid dream and you feel yourself starting to wake up/losing the dream, don't try to fight it or hold onto the dream. Immediately, lay down and close your eyes. Even if you are still in the dream environment, but feel the dream starting to slip away, just lay down right there and close yours eyes. Now, keep your eyes closed and stay as relaxed as possible. Try not to move much at all. If you do, its not the end of the world, but since you were lucid and prepared to DEILD, just lay still and calm. Try to keep your mind "quiet" by just relaxing and just observing the process. Much like during a normal WILD, you don't want to do anything. Just lay there relaxed and let the natural process do all the work for you. You will be able to feel it in your body as you wake up and then slip right back into sleep. Most of the time, in my experience, the DEILD process only takes a few short moments. Sometimes there is a WILD-like transition with a few brief hallucinations, but most of the time, you just wake and then go right back into the dream. Most of the time I either end up right there in the dream environment that I initially laid down in, or I'm in my bed/place of rest that I actually fell asleep in. If you think you failed, be sure to perform a few RCs. You can sometimes be fooled by a False Awakening or the setting in which you return to the dream state. Using this method, I have chained 8+ lucid dreams before. It is great for keeping the experience going if you accidentally get too emotional and kick in your adrenaline. Keep in mind, that the more dreams you chain, the easier it gets to forget the very early parts of the chain. I usually chain 2-4 lucids and the just allow myself to wake up so I don't forget anything.

Upon Waking from a Non-Lucid Dream

This one is a little more difficult, but its not hard if you can catch yourself early enough. Basically, upon waking up, you just simply try not to move too much, close your eyes, and go back to sleep. Your body is already relaxed from sleep, so this is like you are performing a normal WILD, but you are very far along in the process already. So, the key is to stay relaxed and just witness yourself falling back to sleep. Just casually observe the darkness behind your eyes and drift slowly into the dream state as you teeter on the line of consciousness and unconsciousness. The success rate will be higher the less you move upon waking up. Also, if you can keep your eyes closed, that is going to help as well. Neither of those things are required and you can definitely DEILD even after you have moved and opened your eyes, so don't give up. Like every WILD/DEILD attempt, if you fail, perform a few RCs just in case. You may have been fooled into thinking you failed.

Using an External Device

Basically, using some sort of alarm to wake yourself up. The key to this is to recognize the alarm sounds as quickly as possible. As soon as you recognize the sound, hopefully before you are fully awake, go right into the DEILD process. If you catch the sound while you are in the dream or waking from the dream, just lay, down, close your eyes, and relax. Basically, use the DEILD Chain process. If you woke up, just use the "Waking from a normal dream" process. You want to use an alarm that doesn't last too long and shuts off automatically. You also don't want to use an alarm that is going to jar you awake. You want it to gradually wake you up. The best alarm would be one that starts off quiet, keeps a consistent sound, and gradually becomes louder and louder. The consistent sound can help you recognize the alarm, especially after several attempts. You will slowly learn to recognize the alarm sooner and sooner. Even to the point that you recognize it while still in the dream. The gradual increase in volume can help ease you awake, so it doesn't startle you awake and hurt your chances. If you start the DEILD process and the alarm hasn't gone off yet, don't worry. Just pretend it is one of the WILD hallucinations and don't even pay attention to it. Just casually observe everything, the alarm included. Stay calm and continue to fall back to sleep. Its the same concept as falling asleep with the TV on. You can still fall asleep with sound going, just don't focus/lock in on it. Let it be normal background fodder as you carry out your process.

DEILD Closing Tip

DEILD is pretty easy and very basic. You pretty much just lay there relaxed, calm, and fall asleep. DEILD is a specific form of WILD and you should treat the process as such. Just imagine during your DEILD that you are performing a WILD, but you have basically skipped 75% of the early process and you only have to go 25% more to complete it and be successful. Just like a "normal" WILD, you have to fall asleep first and foremost.

Bonus Technique, Dry Spell Killer: The Actor's Technique

I have seen more than a few members across the forum who are having trouble achieving lucidity no matter what technique they try. They either can't seem to either achieve lucidity for the first time (which can be the hardest for many dreamers), or are in a long dry spell and can't seem to get out. I have suggested this to a few already, but I figured I would go ahead and post this technique for everyone to see (plus I don't want to have to type the whole thing up every time). I don't use this every night, because I don't want it to become routine (it probably won't work as well if you overuse it). It works like a charm for my dry spells though...

For anyone experiencing a dry spell or having trouble achieving lucidity for the first time you can try this simple "mind over matter" technique. I use this to help break out of dry spells and I generally suggest it to others who are experiencing dry spells. I think it will also help first timers achieve lucidity. Basically here it is...Upon laying down to sleep you need to alter your state of mind. Basically, act as if you are an expert/experienced lucid dreamer and you know 100% that you will have a lucid dream. Don't only say/think to yourself that you will have a lucid dream, but truly 100% believe that

you will achieve your goal easily. The best way to describe this "state of mind alteration" is to compare it to acting. Many actors and actresses "get into character" for their particular roles. They will spend several days (or even longer depending on the actor/actress) acting as if they are a completely different person to better prepare and play their role. Basically, you are trying to "get into the character" of an experienced/expert lucid dreamer. You could even go as far as getting into the character of "The Best Lucid Dreamer Ever." The idea is to fall asleep knowing and expecting yourself to become lucid, because you have done it millions of times before and it is easy for you. If you can do it correctly, and truly convince yourself that you will achieve lucidity, than it will greatly raise your chances of success. During a dry spell, I do this for as many nights as I need to break it. I usually am able to overcome my dry spell the very first night trying. Make sure that if you do not succeed, that you stay "in-character" and tell yourself/convice yourself that last night was a fluke and there is no way you won't become lucid the next night. You would be surprised how well this simple method can work. All it takes is a bit of "acting" !

Note: This isn't a WILD method, but you could try it with WILD if you like (I actually have never paired it with a WILD before). I simply use this as I fall asleep normally. Usually when I succeed, I just randomly become lucid in my dream. Essentially its just a DILD/MILD method.

Closing Comments

I know there is a lot of information here, but try your best not to over-complicate things. Just relax, have fun, and enjoy the experience. Always remember that falling asleep is the primary goal. Everything else comes after. If anyone has any questions or comments, feel free to post them here in this thread. I'll gladly answer them in as much detail as I can. Your questions can not only help you better understand and make progress, but they can also help others who may be lurking. Lucid Dreaming is much bigger than me or you, so its always great to show that interaction in the thread to help the others who may be hesitant to post/or ask questions. Also, following along those lines, be sure to post your progress in this thread. If you succeed, post in here to help give others encouragement. If you fail, post what happened. I can help you evaluate what happened and why it happened. Not to mention, it'll help other lurking users get a feel for how things can go wrong and what to expect. On top of all that, I love hearing the stories about what other dreamers experience during SP and the WILD process. Its extremely interesting to hear the experiences of others. The #1 teacher when it comes to lucid dreaming, is experience. I've always stood strongly by that. The more experience everyone shares, the more everyone can learn. Also, I'll add to this guide and update it based on your questions and desired knowledge this is just Version 1. Good luck to everyone and I look forward to hearing from you!

Every now and then, you can get some frightening hallucinations. Most of the time, its not going to be scary at all. The level of fear really depends on the person. If something a little scary crops up and you start freaking out, it can get worse. Anytime something scary happens, I just stay completely relaxed and ignore it. If you ignore a hallucination and act like it isn't there, it goes away fast. That

goes for any hallucination during the process. If you don't care for a certain hallucination just act like it isn't there (even if you feel scared, pretend you aren't). Its really as simple as that to get rid of the hallucination.

Also, most of the time that you feel fear, it isn't because of the images or sounds. The sense of fear is the actual hallucination. You will suddenly feel scared for absolutely no reason. Just keep in mind that this is a hallucination and you aren't actually scared. It passes right through and you think to yourself, "What the hell was I scared of in the first place!" Lol. Just because you are scared, doesn't mean you can't act like you aren't scared. All it takes is this act for your hallucination to pass. Like I said though, most of the time, nothing is scar at all. Also, I find that when I WILD during the day time (naps), the likelihood of something scary happening decreases even more.

Seeker's The Five Phases of WILD

WILD - The Five Phases Of WILD

Wake Initiated Lucid Dream, or WILD, has been called the Holy Grail of lucid dreamers. It is a powerful, yet somewhat elusive technique. Imagine, being able to pass from waking into a lucid dream with no lapse in consciousness, or being able to have a lucid dream every night! It is no wonder so many people are interested in learning to WILD. Many questions have been asked about WILD and much information has been shared on the forum about it. This tutorial is an attempt to guide you, step by step as you learn to WILD using techniques I have learned from personal experience and from reading posts on this and other websites. This tutorial is far from being a comprehensive guide, but does contain the basics and some pointers that will help you learn to WILD. If you feel any of this is in error, or have anything suggestions on how this tutorial can be improved, please contact me. For now, good luck learning to WILD!
-Seeker

The WILD process can be broken into five distinct phases, these are:

- Phase 1: Preparation
- Phase 2: Awakening
- Phase 3: Relaxation
- Phase 4: Transition
- Phase 5: Stabilization

Since this tutorial is so long, it has been broken into a series of posts, one for each phase. Please read and apply them in the order they appear in this document. It is not necessary to master a phase before continuing to the next phase, but mastery of all phases is required if you wish to become proficient with WILD.

Phase 1: Preparation

This is the easiest phase! I guarantee you can do this on your first attempt. Before you can hope to have a successful WILD, some preparation is required. This is true of both the case when you WILD during the night or when you WILD from an afternoon nap.

The following preparations should be made:

- **Environment**. Make sure your environment is a calm and relaxing one. There should be no sudden noises that could disturb you. This is especially important in the later phases when disturbances will most likely jolt you awake. There are few things that can break your concentration faster than someone in the room coughing, or your partner tossing and turning. You might want to consider using earplugs or purchasing a white noise generator. Make sure the room and your bed are at a comfortable temperature. Discomfort tends to grow and turn into extreme frustration while you are attempting to relax. A bed that is too warm will continue to annoy you and will begin to feel like an oven as you progress. A bed that is too cool will soon feel like an icebox. Your room should be dark or have a constant low level of illumination. If car headlights are constantly shining on your walls, they will become a distraction. Also, some people have reported that they have trouble keeping their eyes closed during the transitional phase, a dark room will help!
- **Intent**. You have to make up your mind that you are going to stick with it. You must realize that you will most likely be giving up 30-60 minutes of sleep. You will begin to become frustrated and be tempted to just give up. Keep trying, it is well worth the effort!
- Mentally picture yourself having a WILD. Daydream about what it will be like. Now is also a good time to decide what you want to accomplish in your lucid dream.
- **Mental alertness**. Nothing will spoil a WILD attempt faster than not having a clear head. This means that you should keep refrain from drinking or taking drugs before bed. Stay away from anything that will affect your mental clarity. This also includes Melatonin, which, although is a great sleep aid, generally makes your thinking too fuzzy to successfully WILD in the morning.
- **Time**. Decide at what time you want to attempt your WILD. If it is during an afternoon nap, there is little to do here, however, if you plan on WILDing during the night, you need to set an alarm clock for 5-6 hours after you fall asleep. You will most likely have to experiment and refine the time as you progress. Try to find a time during which you can wake up enough and get back to sleep in a reasonable amount of time.

You are now ready to sleep and wait for the awakening phase.

Phase 2: Awakening

The alarm clock goes off, time to WILD! Dazed, you wonder what to do. This is a critical point in your effort to WILD, it is also an excellent time to empty your bladder. A full bladder can become a major distraction in later phases. During this phase, you must awaken your analytical mind somewhat. The trick is to find the right balance. If you fail to awaken your mind enough, you will awaken again in a few hours and be upset because you fell asleep. If you awaken too much, you will spend a LOT of time trying to become relaxed. You will need to experiment and find the right balance for yourself. With practice, you will be able to achieve a good balance most of the time. Here are a few hints to help you find this balance:

If you find that you are falling asleep before completing WILD, try one or more of the following actions:

- Sit in your room with the light on for a few minutes
- Work some multiplication problems in your head
- Work a few lines of a crossword puzzle
- Open a window and let some fresh air in
- Drink a caffeinated beverage

If you find that you have difficulty becoming relaxed enough to continue, try one or more of the following actions:

- When the alarm goes off, just lay in bed in the dark with your eyes open
- When you go to empty your bladder, keep the lights off
- Think of calm and relaxing things
- Think of how nice your bed feels
- When the alarm goes off, just lay in bed in the dark with your eyes closed, do not allow yourself to awaken too much.
- Lie there and imagine or daydream of a dream landscape you would like to visit. Do this calmly, try to be observant without allowing your conscious mind to engage fully.
- This method combines this phase with the relaxation phase and will result in some cases in your passing directly into the transitional phase.

You are now ready to begin relaxation.

Phase 3: Relaxation

This phase has been reported by many as perhaps the most frustrating part of the whole WILD experience. You will usually be all hyped up and ready for your WILD. This in turn makes it more difficult to relax so that you can WILD! Little things will annoy you as you try your hardest to force yourself to relax.

The most important thing is to relax. You must let it come naturally and unforced. Forcing yourself to relax is about as effective as putting out a fire by throwing gasoline on it! It is also helpful to daydream a little at this point. Imagine yourself floating on a raft out in a calm ocean. Can you feel the waves rocking you gently? Can you smell the salt air and feel the sun warming your body? Can you hear the gulls in the distance and feel the light breeze blowing through your hair? The more relaxing and realistic your daydream becomes, the quicker you will find yourself relaxing. One very important thing is to find a position from which you can relax. You can WILD from your back, front, side, it does not matter as long as you can be comfortable and relax. Please note that everyone's experience is different. Some people experience very vivid imagery and sensations, others experience nothing at all. Some people experience these sensations for a few minutes, some only for seconds.

As you relax, you may experience one or all of the following:

- **Light patterns**. As you begin with your eyes closed, you may begin see light patterns behind your eyes. These might points of light that change and move around, or they might be more like curtains of light that float across your field of vision. Watch them passively as they float and evolve. Do not stare too intently; this will wreck your relaxation. If possible, just lie there quietly and pretend you are watching a movie about light patterns.
- **Hypnogogic Imagery**. As relaxation progresses, you will begin to see images or dream sequences. At first, these will be fleeting and will evaporate if you focus on them. Again, try to view them passively. As you become more relaxed, they will become clearer and will last longer, however, keep vigilant! If you let your attention get caught up in the hypnagogic imagery, you will most likely fall into a non-lucid sleep. Along with images, you may experience sounds. It might be a mild and soothing sound, or it could become quite scary. I've have heard loud sounds like the screeching of tearing metal. Just remain passive and watchful, do not allow it to scare you into full consciousness.
- **Physical Sensations**. In the final stages of relaxation, just before your body begins to enter sleep paralysis, you might feel like you are floating or that your body has become numb. Everything will feel a little fuzzy. Hypnagogic imagery can increase in vividness at this point. Just go with the flow and observe these in a relaxed state.

You are now entering the transitional stage.

As the hypnagogic imagery and physical sensations increase, begin to count and repeat over and over that you are dreaming:

“1, I am dreaming”
“2, I am dreaming”
..
..

Try to stay focused enough so that this does not just become an automatic thing. If you find that you are losing your place, concentrate a little harder on what you are doing. If you find that you are spending too long counting, then drop the numbers for a little while and just repeat "I am dreaming" until you relax some more.

Continue this as you enter into the transitional phase.

Phase 4: Transition

The transitional phase of WILD can be one of the most exciting aspects of the whole process. Some dreamers report strange and unusual sensations and sounds. It is also this phase that scares the most people, some to the point of abandoning their efforts to learn to WILD. To state it simply, transition is the process by which you pass from waking into the dream. During this time, your body fully enters sleep paralysis and your senses to the outside world are severed. There is nothing unnatural or harmful about this phase, it happens to you every time you fall asleep. The only difference is with WILD, you are conscious and can experience the transition. Transition seems to be experienced differently by each person. Some report mild or no sensations, for others, it is a 'wild' ride. Each transition seems to be unique for a person as well. Each time I WILD, there are a different series of sensations. Do not forget to continue counting as you go through transition. As transition progresses, you will probably experience one or more of the following:

- **Physical sensations**. During transition, physical sensations are wide and varied. Some people report only numbness, others report a gentle sinking sensation. Some people report experiencing a gentle buzzing sensation, while others report vibrations so intense that they feel they will fly apart. Many people report a feeling of being pulled into the dream with extreme acceleration. The best thing to do with physical sensations is to create a 'daydream' around them. If you feel extreme vibrations, imagine yourself flying through a series of force fields and that every time you pass through one, it makes a vibration. Imagine that you are flying toward your lucid dream. Some have reported that they can feel their eyes begin to move rapidly back in forth as if they were in REM, making it difficult to keep their eyes closed. There are a couple of things that can be done to fight this. The first is to make sure you are sleeping in a dark room so that when your eyes open slightly, you will not become distracted. The other is to wear a sleep mask to bed. Sometimes the little extra pressure on your eyes help to keep them closed.
- **Visual imagery**. While in transition, visual imagery varies greatly. You may see total blackness, or perhaps only see a still image. You may see geometric patterns chasing each other or streaming past your vision at a high rate of speed. One time, I watched an incredibly blue butterfly slowly open and close its wings while I was in transition. Again, do not examine them too closely, pretend you are watching a very odd movie. If possible, also incorporate this

into you ‘daydream’. Often, when I see a bright light in front of me, I pretend that it is my lucid dream and that I am flying to enter it!

- **Audio/voices**. Many people report hearing things, others hear nothing. Sometimes a person will hear nothing, the next time, they will hear voices. The important thing to remember is that these sounds cannot harm you, they are either totally inside your head or ambient noise that is being distorted as you transition. It is best to just sit and passively listen to and accept them as part of the WILD process. If you become nervous or frightened, you will fail at WILD. Likewise, if you become too fascinated with them and concentrate on them too much, you will also fail.

In the final stages of transition, all sensations you have been experiencing will begin to fade. Be careful at this point, it is very easy to slip into a non-lucid dream or to wake up.

Phase 5: Stabilization

Congratulations, if you have made it to this phase, you have successfully WILDed! It is important to stabilize your lucid dream at this point. Many people make it this far and then lose it, what a waste after so much effort! A number of things can happen after transition, fortunately, all of them can be dealt with.

- **Blackness**. Sometimes you will exit transition into blackness. This can be very frustrating because most likely you will assume that you are back in the relaxation phase and have failed. If you find yourself in this situation, open your eyes slowly. Chances are that you only have your dream eyes closed and will be opening them into a lucid dream.
- **False awakening**. On occasion, you will exit transition and find yourself right back where you started, lying in your bed. Be careful, it could be a false awakening! If you find yourself back in bed, immediately perform some reality checks. Chances are you are dreaming at this point.
- **Becoming excited.** OK, you’ve done it! You are now looking around in the world of your lucid dream. You become excited, your heart races, the dream fades. It is so easy to become overexcited, especially when you have completed your first WILD. Remain as calm as possible and execute stabilization techniques such as spinning.

Mzzkc's Comprehensive WILD Guide

Mzzkc's Comprehensive WILD Guide

Hello! Welcome to my humble guide. In the paragraphs that follow, I'll be cataloging just about everything you need to know to have a successful WILD. I'm probably going to miss a few points, but that's what peer review is for. XP

Introduction:
Before I can go any further, I need to explain what WILD is all about. BillyBob has an excellent, in depth, tutorial that should be required reading for everyone. When I first read that, the message behind it didn't truly sink in until over a year later, after I had my little revelation. The short of it is, you need to fall asleep. Yes some level of awareness is necessary, but you can pass that chore onto an auxiliary process with the use of an anchor, as BillyBob describes. Really, everything you need to know is covered in those two threads, but it's all buried. The purpose of this thread is digging it all up and putting it on display for everyone to see.

The Building Blocks:
To wild successfully, three things need to happen:

- You need to be close to REM.
- You need to fall asleep.
- You need to retain awareness.

Block 1: Prior Sleep
The first point is incredibly important and shouldn't be overlooked. While yes, it is possible to WILD before getting any sleep whatsoever, WILDs such as this won't last very long and the quality of the LD will be horrendous. Furthermore, it will take more than an hour to pull off, assuming you know what you're doing and won't mess up at all. Compare this to a WILD attempt after six or more hours of sleep, where REM is mere minutes away and may last a very long time.

To compare:

- WILD Without Prior Sleep: Poor quality, short, difficulty is next to impossible, takes over an hour to pull off.
- WILD With Prior Sleep (Including Naps): Quality is what you make it, length is what you make it, takes no more than 15 minutes to pull off.

That's right, a successful WILD need not take more than 15 minutes to make the transition. If it's taking you longer than that (and you're definitely getting the right amount of prior sleep), you're probably having trouble with the next building block.

Block 2: Falling Asleep
Straightforward, right? Well, you wouldn't know from the number of failed WILDs people are having. This piece is just as crucial as getting prior sleep and is often where people have the most

trouble. Here's a checklist to make sure you're going about this sleep thing in the most productive manner possible.

Are you:
☐ in an environment with minimal distractions such as light and the occasional sudden noise?
☐ physically tired, and feeling the need to sleep?
☐ in the “falling asleep” mindset?
☐ in your usual sleeping position?
☐ comfortable?
☐ relaxed?

Environment: If this first one isn't checked off, that's typically an easy fix. Simply invest in ear plugs and/or shades of some kind, maybe a sleeping mask. The sleeping mask and ear plugs can even double as an anchor if you're so inclined.
Being Tired: This one is harder to judge, but it's safe to say that if you're loaded up on caffeine, or some other stimulant, you probably aren't going to feel like sleeping any time soon. Other than that, you don't want your WBTB to be too long. I know of several WILDers who have cut their WBTBs to mere moments. Mine typically consists of emptying my bladder with the lights off before returning back to bed. This way I can capitalize on how tired I am directly after waking up. Keeping your WBTB to a few minutes or less might prove beneficial to you as well.
The Right Mindset: Next is the trickiest, because it's the hardest one for most people to “get.” Put plainly, you shouldn't be waiting for SP, looking for HI, or anything similar. You're trying to fall asleep here, not track your progress through a series of events. Therefore, don't try to “WILD”; go to sleep instead.
Sleeping Position: Building on that is this next box, which is another common misconception about WILDing. You don't have to WILD on your back. In fact, WILDing in the position you normally sleep in may be just what you need to finally take that extra step towards lucidity.
Being Comfortable: Now, if you aren't comfortable, how do you ever expect to get to sleep in a timely fashion? Things that typically fall under this category are swallowing, scratching, and moving. If you absolutely need to do any of these things during your WILD, do it and be done with it. Don't give it a second thought, and continue your attempt unfettered.
Being Relaxed: Many tutorials spend some time going over relaxation techniques like The 61-Point Relaxation Technique. Which is all well and good, but I wouldn't be surprised if most people skip that step. Honestly, that's the only thing most WILD tutorials put towards the actual falling asleep aspect of the WILD. And while it isn't absolutely necessary to do something that in depth, being anxious or excited is counter-productive. If you find yourself getting worked up or scared, at the very least, take a few deep breaths and remember: you're just going to sleep. Nothing special.

Block 3: Retaining Awareness

Here comes the part where you all start to hate me. As it is, there is no “right” way to retain awareness. Before everything is said and done, you're probably going to have to come up with your own solution. The key is understanding how you can maintain awareness without impacting your ability to sleep.
BillyBob suggested the use of anchors. But what is an anchor? Quote Originally Posted by BillyBob View Post:

> “[An] anchor is something you passively "keep track of" as you let your mind more or less wander. It is the tether that holds your prefrontal cortex just functioning as you drift into the dreamworld.”

As it turns out, at their core, every “awareness technique” out there right now is an anchor. Some are easier to use than others, depending on the person, but there remain two distinct types of anchors:

- Environmental Anchors
- Mental Anchors

Environmental Anchors are anything you can latch onto outside your mind as you work your way through a WILD. These can be anything from background music, temperature variations, wearing clothing you don't normally sleep with, pain, etc. The most important thing about Environmental Anchors is they shouldn't disturb your ability to sleep. I suggest you practice sleeping normally with your anchor of choice before you attempt to WILD with it. This way, you'll know what to expect.

Theory is easy. Actually using an Environmental Anchor to retain awareness is a different beast entirely. There's a fine line between giving the anchor too much attention and too little. This is something you're going to have to play around with until you get it right, as there's no way for me to relate that balance short of having you experience it for yourself. The best advice I can give is to follow BillyBob's advice and engage the anchor passively as you drift into dreamland.

Mental Anchors are ideally dealt with in the same manner. Common Mental Anchors such as counting, breath tracking, and mantras should be reduced to auxiliary mental processes that work solely in the background of your mind. Visualization, too, should occur with little involvement from your end. The only time you should be actively directing the Mental Anchor is when you're setting it up. For instance, two Mental Anchors I developed awhile back involve a bit of prep to work properly. In one, I use various MILD techniques to set a “sentinel of intent” to alert me right as I hit the transition stage. After that, it's a simple matter of falling asleep normally and hoping the sentinel kicks in when I need it. Luckily, the other gives me slightly more control over the WILD. That one starts with me playing a game of word, phrase, and image associations with myself, gradually picking up speed until the associations occur automatically, one after another; it has the added benefit of emulating what actually happens to our thoughts as we begin sleeping. But the important thing is

they eventually work in an autonomous fashion, which is the overall goal for Mental Anchors. Of course, the anchors I've listed aren't your only options. In fact, most of these probably won't work for you. Inevitably, you're going to have to find an anchor that does work for you. No one can do that except you. And that's where I'll leave you.

Conclusion: Hopefully, this has shed some overdue light on what it takes to WILD. Remember, these building blocks all work in tandem; keep that in mind when you begin design on your own WILD style. As always, if you have questions, comments, concerns, or flames, I'll be sure to address them. But I'm warning you right now, I'll likely ignore any questions that are explicitly answered by bolded portions of the OP.
So, until next time. . .

Mzzkc's Why You Fail at WILDs

Why You Fail at WILDs

In the following article I will be sharing insights I have gained over the past two years in regards to the fine art known as WILDing. Keep in mind, all of this comes from personal experience, and you should probably take it with a grain of salt, much like the title of this thread.

Prepare yourself. A wall of text awaits!

My history: When I first learned about LDing, I became immediately drawn toward the phenomena referred to as a Wake Induced Lucid Dream. Wow! I thought, A way to become lucid any time I want? Sign me up! I did my research right here on DV, learning the 'ins and outs' of WILDing from your typical WILD related posts. My early readings did include Jeff's famous "How to Trick Your Body Into Falling Asleep" thread, but the majority of my initial knowledge came from threads similar to this. Ever an eager noob, I often committed the cardinal sin of attempting a WILD before racking up a decent amount of sleep beforehand. During these attempts, which were doomed to fail from the start, I would utilize my shoddy knowledge of what I believed the 'proper technique' was, keeping track of the 'stages' as I went. All my time and energy would go into performing this super-cool thing called a WILD. Hell, I once spent a good four hours on one attempt. My commitment was met with resounding failure. Obviously, dedication alone wasn't cutting it. Broader research would be needed if I was going to figure out how to pull this off. Utilizing the search function, I garnered even more information about how others had achieved their WILDs, all the while trying to WILD in my free time by making use of every new tidbit and little known 'fact' I had learned. And still, after months of trying, I was getting nowhere pretty freakin' fast. Then, one fateful school night, I did it. I accomplished, almost effortlessly, a feat that had eluded me all that time. But I was baffled as to how. My first WILD occurred late at night, after I had awoken in the middle of a sleep cycle. As I drifted back to sleep, somehow, someway, I had retained consciousness all the way into the dream state. Despite that glimpse of success, for well over a year, I would remain oblivious to the most blatantly obvious thing about WILDing. During that time, I would begin development on a number of my

own techniques, all based on the findings of others, all of which weren't wildly successful (Har har). It wasn't until I started focusing on my own experiences that real progress commenced.
Why you should care: How about because I could potentially, right here, right now, save you a huge portion of the time and trouble I went through in order to reach that point where WILDing became par for the course. Sound good? Then go back and read the above if you haven't already. . . lazy bum. Done already?
Good. Now for the meaty stuff.
Analyzing the past: I believe my story is an excellent example of a typical fledgling WILDer. Eager to learn, but searching in all the wrong places. WILDing, like just about everything concerning LDs, is a personal experience. You can only get so far on the accomplishments of others. To truly be successful, you have to dig deep and do a crap ton of introspection in order to figure out what works for you and what doesn't. Of course, that's nothing new, everyone who's done decent research and has a fair amount of experience has probably come to the same conclusion a dozen times over.

My "Contribution": So what can I possibly offer that's new, unique, and exciting? Unfortunately, as I've said before, what I discovered was so ridiculously obvious that everyone already knows what is. In fact, it lies at the very root of the definition itself.

WILD - To fall asleep, into a dream state, while retaining consciousness.

"To fall asleep,"

Now, before you ZOMG RAGE QUIT! let me explain the implications of these three words. By the generally accepted definition of a WILD, it is impossible to WILD without first falling asleep. Secondary to falling asleep is maintaining awareness of the event. Key word: Secondary. All this emphasis is being placed on the awareness part, but what's sorely missing is respect for the most basic and fundamental part of WILDing. That, I feel, is the key to successful WILDs. It is, after all, what I've based my current method on. In fact, my very first WILD was a result of this exact concept.
Applications: This theory is all well and good, but you're probably wondering about practical applications. Below I will outline the steps I followed to turn this idea into something usable. Hopefully, this will be enough to get some of you jump started on finding your own WILD style.

1. **Learn the basics.** At the end of this post I shall provide a list of information every WILDer should know. I insist you do your own research on each one.
2. **Figure out the most opportune time to WILD.** This will always be whenever you are closest to a REM period. Typically, six hours after first falling asleep is a good time, but it can vary from person to person. For instance, I generally need eight. However, I've found naps to be an even better time to WILD. The trick here is that the time should be one in which you are not only close to REM, but also one where you are tired enough to fall asleep very easily.

3. **Recognize what happens when falling asleep.** This is pretty straightforward. Simply recall moments where you were about to fall asleep, but were suddenly forced into alertness. Those with WILDs already under their belt can use those experiences to help better determine even more of what goes on when falling asleep.
4. **Don't WILD.** "Lawl, wut?" What this means is that when making an attempt, the focus should be put on falling asleep, first and foremost. Don't try to recognize SP, don't do anything you wouldn't normally do to help yourself fall asleep. Things like Reverse Blinking, if they work for you, are totally okay, as long as the point of the exercise is to help you sleep.
5. **Work on Awareness**. Finding something that helps keep you aware, without hindering your ability to sleep is what you're aiming for here. Common sense and experimentation will prove the most beneficial.

Tips For Success:

- Know how sleep works.
- Don't get caught up on SP.
- It's okay to swallow, really.
- Experiment when appropriate, but try to stay consistent as much as possible.
- Afternoon naps can often be great times to WILD.
- Start attempts in a comfortable position.
- Don't stress out about moving.
- But try not to move unless absolutely necessary.
- FALL ASLEEP!

How to WILD, by BillyBob

WILD

Before we start I need you to clear your mind of all the preconceived notions you may have about WILD. All of this crazy-advanced-hard-to-understand mumbo jumbo thats been being piped into your head was based on false premises. The people that were trying to teach you how to WILD actually had no idea what was happening when they laid down and WILDed, they just knew that what they did worked for them, and thus it must work for others.

Alright, so that was a very big statement that I'm sure offended a whole bunch of good people. Let me call out one fact to justify what I've just said: have you ever heard of a WILD technique that works for everyone?

Understanding WILD can seem incredibly daunting. Why is it that some people seem to be incapable of WILDing, whereas others go to bed and get it right on night one? Also, why don't we all just WILD randomly during the day as we're lying still watching the tube? I've been WILDing for a very long time. To be perfectly honest, I haven't been able to go one week without thinking about what

the heck separates me, and others that can WILD, from everyone else. About a month ago, it all started making sense.

Ok, so enough ranting. What the hell is "WILD," and why is it so damned hard? It all started a very, very, long time ago. Surely before Homo-sapiens ever walked the earth. To make things a bit more understandable for you however, I'll just pretend it started with us.

Imagine you are early man. All you would have to kill your dinner with would be like, a rock or stick. We aren't very stealthy animals. Our smell, height, and lumbering two footed gait would warn any prey of our location long before we got anywhere near close enough to kill it. Instead of dying out, we learned to lay in wait for our prey so as to kill it when it got too near. This involved very long bouts of lying perfectly motionless in our hiding spots, listening intently for either the sound of prey approaching, or the sound of a predator coming near (both would mean the difference between life and death). Now imagine that you pass out into the dreamworld/sleep paralysis while lying there. You're dead. Your genes never got passed down. The reason you have never been able to WILD is because of the system evolution set in place to solve this "passing out" problem. The first step to learning to WILD at will is understanding the system.
What is the system? Like all good evolutionary solutions to problems, it is elegantly simple. "Do not enter REM/sleep-paralysis when you are waiting for something to happen." Think of the human laying there waiting for a sound. He has done this a thousand times over the course of his lifetime. Sitting here is second nature to him. Maybe he's thinking about his woman's beautiful, soft, supple cooking or something like that. His conscious mind is wandering, only barely thinking about the hunt. Yet he does not enter his dreams. The reason for this is because, subconsciously, he has told himself to "listen out for any odd sounds, and then alert my consciousness instantly/shoot me up with some adrenalin when you hear something so I can make the kill." Do you see the connections between this and what almost everyone does when WILDing?

When learning to WILD, the majority of people learn about these crAzY things like "Hypnogogic Imagery, Sleep Paralysis, Auditory Hallucinations, etc." and are then told that these things "lead up to" dreams.
What happens when they lay down to WILD? They subconsciously tell themselves "watch out for hypnogogia/paralysis/voices as these things mean you are closer to lucidity!" This is the exact equivalent of what the prehistoric human thought. This is the exact thing the system watches for to keep you from falling into your dreams! Something that few seem to realize: all WILD techniques are simply mind exercises to keep you from thinking about what you're trying to do (ie. get into the dreamstate) as you do it. They are merely attempts to keep you distracted as you slowly drift off to sleep. As I said earlier, all of these techniques are, unfortunately, completely misguided. The inventors of them are merely trying to teach others what they personally found out how to do through trial and error, without having any idea of what the heck is going on.

This has led to methods that would have you lay doing a mental exercise for 15, 30, 60, or even 120 minutes before you fall into a dream. Insane.

These lengthy WILDs work by having the user focus all their willpower on counting/relaxing/seeing a visual image. With all their willpower directed at this one task, thoughts of "was that hypnogogic imagery" and all other forms of waiting for something to happen vanish. Unfortunately now that all of their conscious mind is focused on getting a task done, it becomes impossible for them to fall asleep (and thus dream). Only an hour later when lying still for so long finally overcomes their conscious willpower do they enter a dream (this is the best case scenario. Most just pass out). So, what does it actually take to successfully WILD?

WILD Simplified

Fortunately, WILD is very simple indeed. There are only five steps:

- Sleep beforehand
- Get up for a little while
- Calm your body/mind
- Use an anchor
- Fall asleep

"Fall asleep!? But I thought I was trying to consciously enter a dream!" This is where the Anchor comes in. The anchor is something you passively "keep track of" as you let your mind more or less wander. It is the tether that holds your prefrontal cortex just functioning as you drift into the dreamworld. Notice that this is an extremely passive method of entering your dreams. It is the shortest approach possible. If you have something like "FOCUS ON YOUR BREATHING" dominating the forefront of your mind, its going to take a very, very long time to actually enter a dream. Using the anchor method however, you're bargaining away part of your awareness for a speedy entry into a dream. You could literally enter a dream within one minute once you have this down.

So how is this possible?

I'm sure some of you have heard of "FILD," "DEILD," and tactile WILDing. These all use anchors in the same way what I'm explaining now does. Unfortunately, they use really shitty anchors. Anchors must be extraordinarily 'solid.' You have to be able to sense them while your body is numb - on the brink of losing consciousness.

What is the best anchor I have found so far? Dull aching pain. Its as simple as arranging your legs into a slightly different position that creates pain. Perhaps putting a hand beneath your body... Pain works best because it is one of our most primordial feelings. It easily reaches you as you drift off.

Ok, ok. Perhaps I've gotten a little ahead of myself. Let me explain what would be typical of this WILD:

1. Sleep first.
This WILD depends on you being both pretty tired, as well as you being near a REM period. Sleep through one or more REM periods before getting up to do this. Typically somewhere between three and eight hours. I usually sleep for six. Use trial and error to find a good time for you. Everyone is different.
2. Get up for a little while.
If you just woke up, reached over and hit your alarm clock, then rolled over and started WILDing, chances are you'd fall unconscious. Some people can simply lie in the dark for a second and then start and get it to work, but the majority will be very groggy at this point. Get out of bed, maybe turn on a lamp, use the restroom, get a sip of water, or whatever. I would do some reality checks now, which help to wake up my prefrontal/logic. Usually I stay up for about ten minutes just sitting cross legged on my bed staring into space/reality checking. If I feel any fear about the impending WILD (for example, if I just came out of a nightmare), I'll look at some soothing or beautiful pictures that I have printed out lying beside my bed. Basically you don't want to think about anything much during this time. Don't get on the computer, or crack open a book etc. You want to be able to pretty easily fall back asleep once you start WILDing (but again, you don't want to instantly pass out). Use your own discretion. After a little while, when you're feeling tired, but not like you're going to conk out (would you drive your vehicle without fear of falling asleep behind the wheel?) go ahead and lay down like you normally would to go to sleep. The time you stay up can be anywhere from five seconds, to fifteen minutes. Depends on the person. Trial and error.
3. Relax.
Now you want to relax. This will serve the double purpose of keeping you from insta-passing out and also give you a moment to clear away any pre-WILD expectations. As a rule, you're going to want to think about the coming dream as little as possible from the time you wake up until the next morning. Remember the caveman? You don't want to fall into the trap of expecting something to happen. Just passively relax. I usually relax body part by body part. for example, I'll start at my legs, relax them a little bit with each exhale, then move on to my arms, torso, etc. Do this organically. Don't be thinking "OK! Going to relax my left arm for 10 exhales, then go to my right leg for 10 exhales etc." Your body is already going to be pretty relaxed since you just woke up. Just relax randomly and in whatever order you want. This is all really just a way for you to allow your mind to unwind and start getting closer to sleep.
4. Use the anchor.
If you're using the pain anchor I mentioned earlier then you should have initiated some type of dull throb when you first laid down. If you're on your side, put your knees in a strange position where they're slightly uncomfortable (the pain will increase as time passes). If on your back, put your hand underneath you, etc. Use your imagination, just don't be stupid and cut off the blood to something where you're going to have to get it amputated when you wake up (). Now that you've finished

relaxing yourself just lay there and allow your body and mind to drift off to sleep like you normally would. As you're drifting, keep that pain in your awareness. Don't let it dominate your awareness, just continue to notice it.

That pain is your anchor to consciousness. Just keep noticing it as you slowly go deeper and deeper into sleep.
Rather than just passing out like you normally would if you did this before sleeping for 3-8 hours, you will eventually, inexplicably, be in a dream.

To recap: WILD is simple and has five steps,

- Sleep for 3 to x hours
- Wake up for a little while
- Lay down and relax your body and mind for a short period
- Notice your anchor as you drift into sleep.
- Drift into sleep

Do NOT think about the logic of what I've explained in this tutorial when you get up to WILD. Just get up and do what you know you have to do. Its as simple as getting up and then falling back asleep. As an important side note: do not move during your WILD. It is imperative that from the time you lie down to WILD to the time you wake up the next morning that you do not move. Yes, you can swallow, burp, etc. Just don't move your body. Moving will interrupt your body's natural progression into sleep paralysis/the dreamworld.

PD: That pain technique is not "the way to WILD." It is just an example of how to use an anchor to keep your consciousness up. Other anchors could be anything:

Passively noticing your breathing
Turn on some white noise
Make the room colder/hotter than usual
Buy something that vibrates and tie it to your leg/let it vibrate there as you fall asleep.

The reason I used pain as an example is because even the person that has almost zero willpower will be able to hold onto it as they slowly drift off. The pain method will NOT work for everyone. As someone in this thread mentioned, some people have a low tolerance for pain and will not be able to properly fall asleep due to it clouding the forefronts of their mind's (much like normal 'long' WILD methods do with breathing/etc).

PD2: There were two things I wanted you guys to take out of this tutorial: the five step process.

- Sleep beforehand
- Get up for a little while
- Calm your body/mind
- Use an anchor
- Fall asleep

And a deeper understanding of the underlying mechanics of "WILD.": If pain doesn't seem to work for you, try low volume white noise. If that doesn't work, use your breathing. Think of FILD and DEILD, they work for some people but not for others. Now that you know what to look for, you can choose the method that is right for you (or easily create one for yourself). With any anchor you use, use it passively.

WILD - The Guide To End All Guides

Welcome to my WILDing guide

WILDs are very strange things... sometimes you'll fall directly into the dreamstate like 10-20 minutes after starting, and other times it can take a good 2 hours to begin to actually enter a dream. Keep in mind that very rarely will two WILDs be exactly the same. Yes you can go to bed a couple minutes after you wake up, the important thing is to have been asleep 5-7 hrs before getting up to WILD, everyone's different with WILDing, thus what you have to do is adjust the WILD to fit with your bodies needs, ill try and make out a step by step list of things I do before, during, and after I WILD. Ill also mark the parts that can be changed for your special needs.

I'll label these in steps.

1. Try to have had a steady sleep schedule for the past couple of days (ex: going to bed at 8 PM and getting up at 6 AM for the past three days)
2. Now go to sleep at the time you've been going to sleep at for the past three days and set an alarm to wake you after you've slept for 5 1/2-7 hrs (I usually go to bed at 8 PM and set my alarm for 3 AM on WILDing days)
3. Wake up at the set time (remember you MUST have slept for at least 5 1/2-7 hrs or else it will be extremely hard to WILD, also I find it helpful to have at least another 2 hrs of darkness outside when you wake up after your 5 1/2-7 hrs, but its not necessary) at this time you'll most likely feel outright like a pile of shit (yeah I tried) but seriously even if you don't feel you need to, you should use the restroom and get some water. Just don't drink a glass or something for obvious reasons.
4. Commence The WILDing method you've chosen,

When your LD ends wake up, and DO NOT GO BACK TO SLEEP, no matter what. Even if you feel that you could WILD again just DON'T, because all that dream imagery you just saw and heard

would be deleted, you should also remember to do a reality check or two right after you wake to catch any pesky false awakenings. Write down your LD and have a good time reminiscing about it all day long (again, don't go back to sleep no matter what. when you get up the next morning [even if you only sleep for 20 minutes] that amazing LD you just had will feel like it was just a normal dream, foggy and broken.

IMPORTANT NOTES: These are things I might not have put into that huge lump of text.

- Have a regular sleep schedule; this helps LDing in every method
- Reality check all the time, any time you see something that's either "wrong", just slightly odd, or unexpected... do reality checks, and really test your reality, think about what could happen if it were a dream (think happy things not nightmarish scenarios) do a nose reality check and then look at the back of your hand a few times to see if you have six fingers
- The days before you WILD work out a scenario for what your going to do, what I used to do (and still occasionally do) is the day before WILDing I think about exactly what I'm going to do in the LD such as: "get out of my dream-bed, do a reality check to see I'm dreaming, focus on hand, focus on sound, jump out of window and fly to work, tell boss off, punch boss, attack co-workers, etc.". (This isn't at all necessary but it gets you fired up for the WILD). go through exactly what your going to do over and over the day and night before you WILD until you have it totally set in your mind, when you wake up to WILD go through it in your head maybe once, but don't think about it too much or you'll have problems focusing when your WILDing.
- Do reality checks a lot during the 5-70 mins before your WILD
- Don't eat during the 5-70 minutes your up before WILDing. If you do, The WILD will likely be harder (not sure why, I think it has to do with their being a taste in your mouth as your WILDing, thus drawing your attention to this world, which in affect makes it harder for your subconscious to create a fake world. or maybe its just a mental handicap I've put on myself, I've never been able to WILD after eating.)
- If you feel an itch or start to feel super uncomfortable during your WILD, DO NOT MOVE, it will go away very quickly if you just focus more on doing to the WILD (ie. breathing in and relaxing further) In the event that you were to move then just go ahead and roll over and hope you get a DILD
- In the middle of WILDing some people say that they suddenly feel their pulse rising exponentially, don't get freaked out. Keep in mind that anything you experience is totally natural and happens EVERY TIME you go to sleep at night, it's just when your WILDing you get to consciously spectate

QUESTIONS AND ANSWERS: Ok I'm gonna put some common questions that almost every noob asks in here, and ill try to into depth about the answers.

Q) How do I know when I should begin WILDing after my 5-7 hrs of sleep?
A) This is one of those questions that everyone asks and almost no one knows the answer to. The truth is, you don't know when to go back to your bed for WILDing, this alone is the reason why so many noobs have trouble with the WILD method.
Finding your target amount of time to stay awake before WILDing can take quite a few nights worth of failures (its worth it though, because once you find it you can use it indefinitely). Anyway, here's how I first found my target wake time; it took me about a week: I went to bed at a set time every night and got up to WILD at a set time (went to bed at 8 PM and got up at 3 AM) this will change for everyone so just set a time where when you get up for your WILD in the night you still have 2 hrs of total darkness (i.e. if the sun is rising at 6 AM get up at 4 AM). Now that you've been going to bed for the past 3 nights at say, 8 PM and getting up at exactly 6 AM every morning (without the WILD in-between) you can begin to find your target WILDing time. Go to bed at 8PM at get up at 3 AM (again your hours will likely be different just be sure that you have 5-7 hrs of sleep before you get up to WILD [excluding an added 30 mins of relaxation after you get in bed]). Now when you wake up to WILD, stay up for 30 minutes without cola or any substances to wake you up, then go to bed and WILD. If you find that you almost instantly become incapacitated and fall asleep then up your time to an hour, but if you find that you're TOO awake to WILD (you lay there doing your technique until its time to get up in the morning) then you should down your time by up to 10 minutes. Keep adding and taking away minutes in 10-minute increments until you find a time where you can lay doing the technique for at least an hour and by then you should have had a WILD anyway.

Q) Is it possible to WILD before sleep?
A) This all depends on the person. Some people have reported only being able to WILD before sleep, some only after sleep. Others say they can WILD at will- that there's no difference in WILDing before or after sleep.
Personally I've WILDed both before and after sleeping. It was just a little harder to do before I slept (not impossible). Still I only do it after sleeping. The WILDs themselves are much longer, more vivid, and more coherent.

Ok that's about it, hope I helped.

Method number 1: Concentration Induced WILD

For starters, you absolutely should NOT be waiting for HI or any other thing that people say they see, I myself rarely feel SP or see HI, I don't "see" anything because I'm so focused on my breathing.

Lay on your back in a comfortable position, make sure there's no pressure points on your body that are going to interfere with your relaxation (ie. a pillow that's making a slight dull ache on the back of your head or something like that). now that your in a comfortable position make sure your arms aren't laying on your

body and begin to breathe deeply through your mouth (by deeply I don't mean try and suck in as much air as you can, but rather as much as feels comfortable. Also, you want to stimulate a slight {note the use of the word slight} noise when you breathe in {don't try to be totally silent as your sucking in}) as you breathe in say in your head "one", then as you breathe out say "I'm dreaming". As you breathe in and say the number your at, its helpful (for me) to see the number scrolling into my view with the numbers before and after it on the top and bottom of it (try to see all this as your saying the number) also try and see the words "I'm dreaming" appear and fade out in your head as you say them. you only have to see them until you get to about number 100-150, then you'll find that its much easier to concentrate and not have random thoughts pop into your head by just listening to yourself say the words
You will have trouble concentrating at first, if you ever find your mind wondering off thinking about what you watched on TV last night or something random just put more force into saying the number and sentence, If ever you feel that nothings happening just keep in mind that your body hasn't moved for X amount of time.
Keep doing this until your in the LD. Don't get discouraged if you count to like 400 or something, that just means the WILDs 400 breaths closer

Look at the entire WILD like this:
your mind doesn't get any stimulus from you saying stuff like: "move my eyes" or "reposition my left arm". your mind doesn't get any commands to move your body for so long that it says: "wtf he must have fallen asleep or something."
Also, (just so you know) the reason your focusing on your breathing is to keep your mind awake and aware (If you didn't have something you were concentrating on you would begin to think about random meaningless thoughts that would lead to you losing consciousness)

Eventually you will find yourself experiencing one of the following, this will tell you that your entering a dream:

- falling through your mattress and landing on your dream-bed.
- suddenly finding yourself standing up in the middle of some random dream location fully aware of your lucid state (a massive eternal field of flowers for example).
- seeing a light in your vision and suddenly being pulled towards it at what feels like an extremely fast speed.
- Suddenly you find that your eyes are open and your sleep mask gone
- You feel a single wave of energy pulse through your body, suddenly you feel revived and like you just cant WILD any more
- You don't feel anything at all, you just have to risk all and do a reality check (this is very uncommon, remember that if you do a reality check then your giving up all chances of having a successful WILD after that. {in the event that it says your not asleep})

(those are just a few, the experience varies with the person)

Method number 2:The Third Eye WILD

Lay on your back in a comfortable position, once you get good and ready tell yourself "I will not move until I make it into a dream"
This promise is important, if ever you move after saying this, you pretty much void all the time you've spent relaxing your body. Now that your laying down on your back in a comfortable position, its time to begin the method. I've outlined it in two easy to read steps :

Step One:
Bring your body into a state of total relaxation and freedom from your inner voice, you can do this many ways but the one that I've found to be most efficient is as follows: (note: your not trying for vibrations, or magical balls of light to be floating around your vision, your merely trying to relax as much (and more than) the amount your body is capable of relaxing)
My Relaxing Method: Begin to clear your mind, do this by counting off your breaths (ie. "breathe in, breathe out- one" "breathe in, breathe out- two" etc) every time you notice your mind is wandering focus harder on the numbers your counting off. Keep doing this until your mind is free from crazy thoughts and rampant worries (it usually takes me about 10- 20 minutes, or about when I reach my 300th breath out, this may vary for everyone, but its best to at least count to 300 (I've been doing it every other night for 13 months and it takes me to 300 before I'm "there")
Step Two:
Now your body and mind are in a tranquil state of awareness. your mind is calm, your body numbing, at this point all there is in this world is your body, your not thinking about whats going on around you or anything other than that. DON'T TRY TO BECOME MORE AWARE If you did what I just told you to do in step one, then your mind should be free of thoughts, the serenity of it will be amazing. you wont be thinking verbally, but in thought packets, that you can't hear (sounds odd now, but its totally natural when its happening, if you don't experience this then go back to counting off your breaths until your mind is free of thoughts. then continue this step).
Anyway here's your task, do it, and you'll be thrown into an LD:

Task: continue to only think about relaxing your body, your no longer counting your breaths, but your still noticing them. every time you breathe out make your body more numb/relaxed than it was before.
Do this for a little while (not being too excited about what's happening, but still relaxing with every breath out) eventually you'll start seeing vivid images in your head, these go on for a little while (you've stopped focusing on your body but your still trying to relax when you breathe out) eventually these HI will be extremely vivid (I can't give you a time-frame because this state of mind is timeless, your breaths blend into one another and you lose all perception of time and space), you'll see a random object, maybe it'll be a cup, or a lollipop. suddenly that cup/ Lolly will be setting on a table or on the ground or something (it'll be more than seeing it in your head, its more of your looking at it

with your eyes) This is when you have to start thinking a little bit. The cup is now sitting on the ground, notice what type of ground its one (ie. "oh the cup's on cement") the trick is to not say "the cup will be sitting on grass" or something like that. Your not making the scene, the scene is being built in front of you. you just have to stay conscious while this is happening. This all happens in an instant. you'll see a cup, then the cups sitting on the ground, then you suddenly (without conscious action) look up and see a bouncing highway, then you realize your legs are moving, and finally your fully in, it turns out that the scene you just watched being created was you taking an afternoon jog down the sidewalk in front of your house. your now in a lucid dream, you can do anything your heart desires

Method number 3:Make your own method- method

(use this only if the other two don't work, it's basically a last resort.)

This isn't so much a method as a way of making your own method. It's the simple rules that lay at the core of every WILDing technique. Here's the rules for you, I'll explain them as I state them:

Find a way to relax your body to a point where it can no longer relax further.
There's a lot of ways to do this. This is the first thing you do as you WILD, relax totally, then start your technique
Don't move during your WILD
basically you can't move at all after you lay down and say "I'm starting my WILD right now".
Don't be thinking about What your going to do when you get into the dream as your WILDing. (or about anything else)
Thoughts about what happens when you enter the dream, or about what Jimbob's doing right now break the concentration that you must have to WILD, you can't be thinking "I can't wait to get into the dream" or anything like that at all.
Find one thing to concentrate on.
This can be your breathing, a vivid mental image, a tactile sensation, basically anything that's either very repetitive (ex. your breathing), very unchanging (ex. a mental image of a lighter sitting on a table), or both.
The key to this is that you have to really concentrate on this one thing non-stop throughout your entire WILD. never changing it (in other words don't go from seeing a lighter on a table to focusing to your breathing halfway through the WILD).

So there you have it, the base of all WILDs.

AllInYourHead's How to Fail a WILD

WILD - How To Fail A Wild

How to Fail a WILD

From all the information I have read in the past about WILDs, I've been told countless amounts of times about "How to do it". I've taken a different approach in this tutorial, rather than telling you how to do it, I'm going to tell you how not to do it as I feel it would be more beneficial. Well, here we go:

Barrier No.1: Not being relaxed/Being stressed.
If you've had a hard days work or just have something on your mind, nagging at you, then its probably a good idea to try solve the problem, or if not possible, try spend more time in the relaxation stage before attempting a WILD. Reason is: your not going to be able to get a good or constant level of concentration, which, of course, is needed to enter the later stages of a WILD.
Barrier No.2: Talking to yourself(Inner dialog).
Again this falls under the category of concentrating; the mind needs to be almost blank to enter the deep stages. To achieve this, use techniques like concentrating on your breathing or an object in your head. You'll find that concentrating on one thing for a period of time is actually much harder than it sounds. Having said you should concentrate, try not to over-concentrate(ie. Putting all your efforts and mindpower into the task) as this can prohibit you from falling asleep. From all the resources on WILDs I have read on the internet, not one has ever specifically mentioned this, resulting in me staying awake for up to 60-80 minutes before without any end product(Well done me). Do try concentrate but also try to relax on the effort if that makes sense.
Barrier No.3: Fear.
Fear is probably the most common cause of a failed WILD attempt. Even though you've probably heard people telling newer members that there's no reason to be afraid, they too were probably afraid at first. I was startled and afraid the first time too. It's a new experience and you have to get used to it. But trust me, if you can shake away that fear(which will shake itself away anyway after a few times anyway) it should be a fun ride through the vibrations. Theres absoloutely nothing solid behind the fear, its just a fear of the unknown.
Barrier No.4: Using a technique that doesn't suit you.
When I was starting WILDs I made the mistake of using techniques that weren't suited towards me. For example I tried to use a technique involving focusing on hypnagogic imagery when I could rarely ever see hypnagogic imagery. I used to also try intense visualisation methods, though I'm not very good at it. I know it's harder than it sounds, but try to find a technique that suits you.
Barrier No.5: Having a distracting environment.
I don't remember how many times I've been trying to WILD when my little brother or sister run into my room and start pounding me silly(I know they love me) or when a football suddenly bangs off my window and jolts me awake. Try to choose a time where you wont be disturbed during your attempt, and maybe don't attempt if there is a good chance you will be distracted or woken as it may just frustrate you. Also as a sub-note, make sure your not hungry, thirsty or need to go to the toilet before you attempt.

Hope this has been beneficial to you, and good luck with your WILD attempts – Allinyourhead

DEILD - "Dream Exit Induced Lucid Dream"

Official Dreamviews DEILD Tutorial

DEILD Tutorial

DEILD

DEILD stands for Dream Exit Initiated Lucid Dream. DEILD is also sometimes called "Dream Chaining." A DEILD is basically a shortened WILD. DEILD has the potential to let you have multiple lucid dreams each night. This technique takes advantage of the fact that as you awaken from a dream the brain remains in dream mode for a few moments, provided you don't move too much. Since your brain is still using REM waves, you can easily slip back into a dream without having to trick your body into falling asleep. However, if you are at the end of a REM phase you won't be able to DEILD. If you hit the right timing and are able to keep yourself conscious while you drift back to sleep, you'll find that it's relatively easy to enter in a dream lucid.

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Background

The DEILD technique had been around for a while. Many lucid dreamers have stumbled across this technique in their own in their pursuit of LDs. Dr. Steven LaBerge outlined this technique in some of his books.

Preparation.

Dream Recall

In order to DEILD you have to have good dream recall. Not only so you won't forget your DEILD adventures, but also because you need to be aware enough of your dreams that you know when one has just ended. It is ideal to establish decent dream recall since it can be much easier to reenter the dream if it is still clearly recalled once you wake up, as opposed to visualizing a completely new one (which you may also do if you prefer)..

Awakening After a Dream

Since DEILD relies on your ability to wake up as a dream ends, you obviously need to be able to do this on a regular basis. Many people wake up briefly after each dream already, but are unaware of it. There a few ways to become aware of these awakenings:

- Some people use an alarm of some kind to wake them up during the night. A vibrating cell phone can be used, too. You will need an alarm that turns itself off after a few seconds. The shorter the duration of the alarm the better, as you don't want it to disturb you too much. Set it to go off after between 3-6 hours of sleep. You'll have to experiment to find the best time for you. If you want, you can also set it to go off every half hour after that, to give you a greater chance of waking from a dream.

- Some people train themselves to recognize the look of their closed eyes, because this will signal that they have just woken up. To do this close your eyes while going to sleep for the night. Spend about a minute looking at the backs of your eyelids. Over time you should start to instantly recognize, even when groggy and half-awake, that your eyes are closed and that is a signal that you have just woken from a dream.

If you don't like the idea of an alarm waking you up you can try going to bed a couple of hours early. Many people find this causes them to wake up during the night more than they normally do.

Another way to skip the alarm is to use autosuggestion. With this method you come up with a short sentence or phrase (your "mantra") that sums up your desire, in this case to be aware of waking up after every dream. An example of a mantra you can use is, "I will be aware of waking after every dream." To get the most out of autosuggestion repeat your mantra over and over several times a day. The more you do it the faster and better it will work. A good way to make sure you do it enough is to repeat it:

- Every time, the whole time as you use the bathroom.
- Whenever you wait in line or have other "down" time.
- Whenever you walk through a doorway.
- As you get ready for bed.
- For several minutes as you lay in bed.

How to DEILD.

Once your dream recall is good and you are aware of waking after many of your dreams you are ready to start DEILDing! When done properly the whole process generally takes less than a minute from awake to a lucid dream state. You awake after in a dream. Now try to hold still and avoid if possible opening your eyes. Even though scratching your nose or moving a bit does not end your chances, excessive wakefulness can cause your brain to come out of REM. You need to keep your mind awake, but still in that dreamy, in-between state. Now a dream will form around you. At this stage you may feel some Hypnagogic Hallucinations, since DEILD is a kind of WILD.

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Hints on Staying Still

If you find it is hard for you to remember to stay still as you awake you can use autosuggestion to plant that goal in your mind.

Another useful way of staying still is to set two alarms, one fifteen minutes or so before you attempted to DEILD. When it goes off, go back to sleep, but affirm that next time you wake up you will stay still. Because you did your affirmation so closely to the DEILD attempt, it is very fresh and your mind.

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Hints on Entering the Dream

You can enter a dream scenario of your choice by imagining it while you lay still waiting for the dream to form. This is harder to do than dream reentry.

You can reenter your last dream by simply thinking about it. Most people find this the easiest way to shape a dream while DEILDing.

If you are more of a tactile person, you can imagine the sensation of movement or of touching something to help you get into a dream. As an added bonus, when you actually can "feel" the movement or object you know your dream body is feeling it and you are in the dream. This acts as a built in RC.

Be aware of the false awakenings. Most WILDs will start with one. If you think you've failed the DEILD, make sure with a reality check.

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Chaining

Many people use DEILD not as a technique to become lucid, but as a method for staying lucid. Dreamers (especially ones who are new to lucid dreaming) tend to wake up soon after becoming lucid. The DEILD technique allows the dreamer to go back into the dream and continue it. The way to perform is right when you realize that the dream is about to end. You might know this depending on the time you started your DEILD, or if you can't seem to prevent the scenario from fading. At this point, you want to focus on your intention of waking up and remaining motionless, while also keeping focus on any dream imagery residue that might allow you the opportunity to enter in the next dream.

Puffin's DEILD Tutorial

Puffin's DEILD Tutorial

I've learned a few things about DEILDing that I'd like to share in one post. I constantly find myself wanting to say these things whenever people ask about this technique, so I've compiled it all into one post.

* * *

FAQ

1. What is a DEILD?

DEILD is short for dream exit initiated lucid dream. It's a lucid dreaming induction method that involves the user remaining still, relaxed, and breathing normally right after exiting from a dream. If

successful, the user will be pulled into a new dream while keeping their awareness, like a shortened WILD. DEILDing is key if you want to chain multiple dreams together, one right after the other, so you can continue doing whatever you were doing when the dream ended.

2. When is it easiest to DEILD?

From experience, I find it easiest to DEILD directly after a lucid dream. This way, I know that I'm dreaming and when I am going to wake up. Most people feel their dreams fading; this is a good time to close your eyes, still in the dream, in preperation for DEILDing.

3. Does DEILDing have the same effects as WILDing?

DEILD is in the same family as the WILD technique, meaning it involves tricking your body to think it's asleep. Because of this, using either technique results in sleep paralysis, a naturally occuring state in which you may experience auditory, visual, or even kinetic hallucinations. Nothing can harm you, though.

4. What does it feel like?

Different people have different experiences with DEILD. I often feel my bed right after I wake up from a dream, my eyes still closed and my body motionless, but I try to feel the last moments of the dream I just awoke from. After a few moments, I usually feel a strong but not overwhelming "pull/acceleration" forward or backwards, and this is the dream "pulling" me in. The user may also experience sleep paralysis until they find themselves in the dream, but it normally doesn't last more than a few seconds.

* * *

How to DEILD

This part is divided into two sections, depending on when you want to DEILD:

- When you wake up from a non-lucid dream.
- When you wake up from a lucid dream.

1. Waking up from a non-lucid dream...

Preparation: This is the most crucial part if you hope to DEILD without knowing you're going to wake up thanks to lucidity. As the original DEILD tutorial states, autosuggestion helps, and I can vouch for its effectiveness. You can think for a while in bed, "I will be aware when I wake up after each dream, and stay still" or the like. You can also get used to the look of your closed eyelids; spend a while each night observing your closed eyelids, and this will help you stop from opening them after each dream, something that people tend to do. The final preparation step recommended is to practice keeping still after each dream. At first, you may move quite a bit, but stop as soon as you can. After a few days, you should be able to stay still sooner after each dream.

Doing it: You'll have to rely on recognizing that you've just woken from a dream by using the above techniques. Once you find yourself in bed, think strongly of the last dream you had, without moving, and breathe normally as if you were still sleeping. Don't tense up in excitement! Remember the last

thing you did in the dream you just woke from, and imagine the tactile, auditory, and visual senstaions that accompanied it. For instance, if you were walking along a beach, feel the sand grains seperate over your feet and feel the warmth of the sun. Imagine it as strongly as you can and feel it with your body. If done well, you should find yourself back in a dream.

2. Waking up from a lucid dream...
Preparation: This is a slightly easier way to DEILD, as since you're aware that you're dreaming, you know that the dream will end when it begins to fade out. You may feel your body in bed more and more as the dream ends. At the point where the dream is almost completely gone, close your eyes normally and you should soon feel yourself back in bed.
Doing it: When you find yourself back in bed, don't open your eyes or move, and breathe as if still sleeping. However, since your expectation that you'd wake up from the previous dream can sometimes result in a false awakening. Right after waking, I recommend doing a reality check, but not the regular ones: make your eyes look up as high as they can go; if you get any sort of sensation like the muscles in your eye are being pulled or tingly, it's not a dream, and DEILD by imagining the tactile, auditory, and visual sensations of the last dream scene. If you don't get any sensation at all, even a slight one, you are most likely in a false awakening. In this case, slowly open your eyes and do a reality check.

MILD - "Mnemonic Induced Lucid Dream"

Official Dreamviews MILD Tutorial

MILD Tutorial

MILD

MILD stands for Mnemonic Induction of Lucid Dreams or "Mnemonically Induced Lucid Dream". This technique makes use of your ability to recall your intentions in the future (prospective memory), making you more likely to remember to question the dream or your intent of becoming lucid, or making a reality check. This can be done in several ways:

- By the use of mantras and reality checks;
- Visualization;
- Exercises that improve your prospective memory.

Because some people have an easier time remembering their intention than others, the time it takes to obtain a lucid dream may vary, which is why MILD tends to be such a reliable technique for some. Over time, as your prospective memory improves, you'll notice more consistent results, not only in achieving lucidity, but also in remembering actions and plans you have for your dream adventures, and even having an easier time remembering to wake up in the middle of the night if you're trying to WILD.

Background

Dr. Steven LaBerge created this technique and wrote about it in his book, "Exploring the World of Lucid Dreaming." Since he first wrote about this technique lucid dreamers have developed several variations.

Preparation.

Dream Recall

Should you try to increase your chances to MILD by performing a WBTB, you want a decent recall in order to remember your last dream. The reason for this is because it's common among MILD users to visualize the last dream they had, but introducing a new element on it: lucidity. You'll want to take some time to recall your dream and imagining it with you lucid. And of course, you want to be able to remember your successful MILD!

Reality Checking

Because the goal of a MILD might be to remember to RC in a dream, you need to be familiar with them. They are meant to help you develop the habit to do them, which will eventually make you "remember" to do one in a dream. Doing the reality check is not enough though: you want to include in it the intention of doing one while dreaming, or in the nearby future (this way, regardless of you

thinking you are asleep or not, your brain will remember to do it, which is effective even if you are tricking into thinking you aren't in a dream).

Using a Mantra for your Intention

A mantra is any word, phrase, or sentence that you repeat to yourself to help you focus on and remember your intent of becoming lucid. There are many good mantras for MILD. You should choose one that you think will work for you. You can always create your own or change one of these suggestions. Some ideas for MILD mantras include:

- I will realize I am dreaming.
- I am aware/I am lucid.
- I question my reality.
- Lucidity is my goal.

Ultimately, it's not the specific wording that will make you lucid, but it's the connection you establish with your mantra. This means that even a simple mantra like "I am aware", if clearly expressing and reminding you that you want to be "aware in a dream", can give you great results. Remember, it's all about focusing on your intention!

Making use of Visualization.

Visualization is another powerful tool to help you achieving a MILD. By recreating a scenario where you can visualize yourself while lucid and carrying on your intent of doing reality checks, questioning if you are dreaming, or even repeating your mantra, you're increasing your chances of incorporating these thoughts in your dreams. Your visualizations don't need to be at a perfect level, because just the fact that you're thinking about your intent is enough to provide results, since your brain will make use of this "memory" to remind himself later.

Choosing a Dream Scene for Visualization

If you're practicing MILD by visualizing a past dream or a dream scenario, you should choose a dream that you remember vividly. Imagine what would have happened if you had noticed a dream sign or had wondered it was a dream and did reality checks. Another option is to imagine a dream scenario that includes you doing reality checks or a dream character telling you to perform them. Imagine what it will be like to realize you are dreaming. If you happen to wake up in the night while trying to MILD and remember a dream you just had you can use it instead. Just imagine that you are back in that dream and doing a reality check, like described above.

Improving your prospective memory

As you may have realized by now, the way of becoming lucid through MILD is by remembering to question your reality, do a reality check, among other things (some people use MILD to aid them remembering things they want to do in a dream!). This particular type of memory that allows you to

remember something in the future is called prospective memory, and it's a very important aspect for every lucid dreamer, because it helps us in several techniques (not just MILD). So how can you improve it in order to increase your chances of remembering your intention of becoming lucid?

LaBerge itself mentioned a type of exercise that is not only very simple, but also provides great results by making you more focused on your task to remember something later on. We'll take a quick look at how you can perform it:

- Each morning, pick 3 elements. You want them to be some what common during your usual routine, since the goal will be spotting them every time they show up, but they can range from a simple object (Example:"red car", "your watch" and "text message in your cellphone"), to an action ("drinking water", "sneezing" or even "opening a door", or a person ("your sister, your cat, your best friend"), or even a specific location ("whenever you leaving a building" or "whenever you arrive at home or school/work"). You got pretty much an infinite number of options, which will be useful later, because you want to use 3 different elements every day!
- Now that you picked your 3 elements, try to focus on them for a moment. You want to really state your intention of reminding yourself to questioning your reality and doing a reality check every time you see one of them. Be confident that you will remember to perform these actions whenever you spot one of your elements during the day!
- When you reach the end of the day, try to recall what happened: did you do a reality check every time you spotted them? Did you forgot? How many times did you remember them? Next day, pick another 3 elements and repeat the exercise.
- At first, you may spot one of them and forget to question reality or do a reality check, but it's okay. As you practice and your prospective memory improves, you'll realize that you're able to remember your intention much easily whenever you spot one of your chosen elements. This is a great thing, because you will have more chances of remembering your goal to becoming lucid. In the same way you train yourself to remember to do a reality check or question reality during the day with this exercise, your intention of doing it in a dream will also be more easily recalled, just state it firmly and watch the result of your daily practice.

How to MILD at night.

- Relax. Use whatever relaxation technique you have found works for you. Do it for 5-10 minutes, or longer if you need it.
- Once you are relaxed repeat the mantra you have chosen for your intention over and over to yourself in your head. Keep your mind focused on your goal while you do this. You should repeat this mantra as long as you can, but you don't want it to keep you awake. Try to make your last thought before falling asleep be about lucid dreaming.
- If you wake up during the night lay still and try to remember any dreams you have had. Write down some notes about them immediately. If you haven't had a lucid dream yet you may repeat the MILD technique if you wish.

- If you sleep through the night try to remember any dreams you had before you get out of bed. Hopefully you had a MILD during the night and will remember it now.

Visualization
You can still make use of your mantra, but at some point before falling asleep, you want to move on to the visualization step. Call up the dream memory or imagined dream scenario you have chosen. Add to it you doing a reality check and becoming lucid. Imagine it vividly. What emotions would you feel? Although it is important to visualize vividly you don't want it to keep you awake. If you can't fall asleep as you do this, visualize for a few minutes and then go back to the intention mantra. Try to make sure your last thought before falling asleep is about lucid dreaming. If you wake up during the night lay still and try to remember any dreams you have had. Write down some notes about them immediately. If you haven't had a lucid dream yet you may repeat the MILD technique if you wish. Then visualize yourself in those dreams while being lucid, questioning your state or doing a reality check.

Speeding up the process.
For even better chances that you will have a lucid dream you can also repeat mantra during the day when you have a chance, or even schedule a few occasions to perform visualization. The prospective memory exercise mentioned above will also help you taking notice of your improvements and be overall more focused on your intention of becoming lucid. If the visualization always makes you too awake to fall asleep do it first, then do your mantra as you fall asleep. If your mind starts to drift as you fall asleep and keeping up the mantra or visualization wakes you up it is okay. You just want your last thought to be about lucid dreaming.

MILD - Mnemonic Induction of Lucid Dreams, by GestaltAlteration

The following is suggested for lucid dreamers who have been working on their dream recall and have made the commitment. Remember you should have at least one dream per night to be fully effective at remembering lucid experiences. However, everyone can do it.

This will help in the following technique.
Relaxation -- Simple meditation is a good way to relax while getting ready to use an induction technique. There are many ways you can do this. One example is to observe your thought process. Let your thoughts arise and go. Picture it on a white cloud as it goes overhead and passes out of sight where another cloud appears. It is suggested that you do this for 5 to 10 minutes. Another way could be to clear your mind of everything and focus on your surrounding. Find the relaxation technique that is most comfortable to you.

Mnemonic Induction of Lucid Dreams (MILD) Created by: Dr. Stephen LaBerge, Ph.D

This technique is quite effective and had has helped many people step over the threshold from physical to dreaming.

1. Find a position that works for you and that you can easily and comfortably fall asleep.
2. Relax (Refer to the Relaxation section above this)
3. Repeat to yourself as you fall asleep: "I will wake up after every dream period and I will remember my dream" Believe that you will wake up after each dream (the first time I tried this it has worked moderately well; another way you could do this is set your alarm. Practice makes perfect). Eventually waking up after each dream should become automatic.
4. When you wake up write down your dream immediately. Even if you can barely remember anything, write down how the dream made you feel, or how you felt when you woke up.
5. Lie down and drift back to sleep. Imagine that you are back in the dream that you just had. This time, however, imagine that you saw a dreamsign in your dream and recognized it. As you fall asleep keep visualizing yourself in your dream, recognizing your dreamsign, and realizing that you are in a dream. Try not to let your mind wonder.
6. Repeat steps 4 and 5 every time that you awaken during the night.

If all goes well, the above will launch you into your own lucid adventure. For more information refer to Laberge's book "Exploring the World of Lucid Dreaming."

Small MILD FAQ – These are some questions about MILD that may help. This information is only one of many possible options for correcting issues encountered during the MILD technique.

Q: What should I do before going to bed?
A: There are many things that can affect your dreams and the way you enter them. I would say the only important thing is comfort. Have a content stomach and a empty bladder. Those these are not essential they will aid in concentration. Also you will wake up hopefully the same way you went to bed.
Q: I didn't wake up after my dream period! What's wrong?
A: Though in most cases you should wake up, sleeping all the way until morning is not abnormal. You could be new to the technique, too tired or it's just a fluke. I suggest starting with an alarm if the first few nights aren't productive.
Q: I wake up but fall asleep before getting to write in my dream journal. What can I do to prevent this?
A: I've experience a lot of this myself and so far I've failed to get myself up when I'm extremely tired. There are ways to help you such as having a light next to your bed to minimize movements and having your dream journal prepared in advance. Be sure to only write key words for recalling the dream in the morning. Also try not to wake up too much during this so returning to sleep is easy. Motivation is key.
Q: I have an itch but I'm just getting into it! Should I scratch it?

A: Scratch away. Just don’t think about it and return where you left off. You will be back in business in no time.

Final advice: Make sure that your mind set is set on having that lucid dream right before you go to sleep! Don’t let your mind wander. Good luck and Have fun!

Naiya's Simple MILD Technique

Naiya's MILD Technique

Introduction

Most of my lucids are MILDs. Even though it is probably one of the less popular methods, in my opinion it is one of the most reliable and versatile things you can do. The great thing about MILD is that you don't need to remember to RC or build up daytime awareness, and it doesn't require you to lose any sleep. All you need is a few minutes before bedtime. MILD is also complimented by WBTB and reality checking, but it can do very well as a stand alone method. A lot of people who are new to LDing ask what the easiest induction method is. It's hard to answer that question because different methods work for different people. Having said that, I have always thought that MILD is the perfect method for beginners. It is much more forgiving than, say, WILD, because as long as you keep trying, there really is no wrong way to do it and you will eventually succeed. A word about consistency: one of the biggest pitfalls I see is when a person tries one method for a week or two, then decides it's not working, and switches to another method. They jump from one method to the next and believe that nothing is working for them. It's very important to understand that lucid dreaming is a skill. While some people might start out with a talent for it, the rest of us have to build up from being beginners. So switching methods would be akin to trying to learn piano one week and then trumpet the next. You never give yourself the chance to master any of them. The mind needs time to internalize what you are trying to learn before it can give you good results. With lucid dreaming, even though you may not have lucid for the first few weeks, just affirm to yourself that you ARE making progress. Practice and consistency are extremely important with MILD. To get the best results, you should be doing it every single night. If you wake up in the morning with no lucids, don't think of it as a failure. If you did the MILD before bed, then consider it a success because you got your practice done. Your lucids will come when your mind has begun internalizing your practice.

Preparation

Before you begin, it's best to make your environment conducive to MILDing. For starters, you will need to set aside at least 5 minutes just before bedtime for the MILD. If you want the best results, I recommend a little more time, maybe 10-20 minutes total. It's important to make your attempt when you feel relaxed and your mind is free of daily worries and nagging thoughts. Spend a minute or so (or more if you are a meditator) letting go of any thoughts and worries. Make it an ironclad rule to not worry about your daily life when it's bedtime. If you need to, jot down your worries and thoughts (i.e. "I need to get gas tomorrow") in your dream journal so you can read any reminders or worries in the morning. You might try imagining that you are throwing your troubles and your thoughts away

in a well or a box near your bed. If you are still being plagued by worries and thoughts, affirm to yourself that the best thing you can do for yourself and everyone around you at this moment is to get a good night's sleep and be relaxed and happy in the morning. The next part depends on how easily you fall asleep. If it takes you a long time to fall asleep (10+ minutes), then you may lie down and get comfortable as usual, and do the MILD as you fall asleep. Don't worry about trying to keep it up to the very last moment you fall asleep, because that will keep you awake. But try to make sure you keep your mind on it for at least 5 minutes before letting your mind wander or dropping off. If you are the type who falls asleep within a few minutes of hitting the pillow, you may not want to lie down for the MILD. Instead, turn off the lights, sit comfortably on your bed, and after at least 5 minutes, go ahead and lie down to sleep, keeping the MILD going as you fall asleep.

On WBTBs: If you wake up naturally during the night, it would increase your chances of getting lucid if you repeat the MILD when you go back to sleep. If you have the need or want to, you can set an alarm or two at night to increase your chances. It's not necessary, but it can help a great deal. Don't worry about being consistent in the number of MILD attempts per night--it only matters that you do at least once per night total.

It's very important to keep a dream journal for MILDing, especially if you are coupling it with reality checking. When you keep a dream journal, your recall gets better, and with that, it will be easier to MILD.

The Method

Once you have settled down your mind and you're comfortable, turn your attention to lucid dreaming. Recall your most recent dream, in as much detail as you possibly can. Imagine yourself exploring the dream as if you had been lucid in it. Believe that you are back in the dream again, only lucid. Believe that, in only a few minutes, you will soon be dreaming again, and imagine yourself knowing it's a dream, doing whatever you want. You can come up with any scenario you wish for this. It may be helpful to imagine yourself completing whatever tasks or goals you have. If you can't recall a recent dream, you can use any other dream you had, as long as it was vivid enough to remember it with a good amount of detail. This can be really helpful if you want to go back to a certain dreamscape. Another variation of this is to use a movie, video game or book. You can make up a completely imaginary environment, perhaps something from your daydreams. Imagine yourself lucid in the environment, doing whatever you want to do. It helps if you see yourself doing fun or interesting things, because it keeps you motivated. You don't have to imagine the same thing in every MILD attempt. If you did, things might get boring and your mind will not be in an active state. So don't be afraid to change it up, use a different dream memory, or imagine new things. If you have time during the day and you want to give your MILD a boost, you can practice it in the middle of the day. Simply daydream yourself into a lucid daydream. It will help build up your visualization and creative skills, which are useful for not only MILDs, but dream control.

Using Autosuggestion
Using autosuggestion or mantras, either alone or with the visualization, will help you MILD. Remember that the mind ignores negation when you are coming up with mantras to use. For example, if you use this mantra:

"I will not fail to lucid dream tonight"

Your mind will perceive it as:

"I will fail to lucid dream tonight."

One of my mantras used to be "I will have a lucid dream tonight." I was confused when I starting having only one lucid per night, when I normally have a few. Then I changed it to "I will have many lucid dreams tonight," and I began having more lucid per night again. Some of my favorite mantras:

"I'm dreaming" --> the best for coupling with visualization, really drives it home.
"This is a dream"
"I will wake up in a dream" --> to promote FA's. Remember to couple with RCs every time you wake!
"I'll be dreaming soon."
"I will have lucid dreams tonight."

Conclusion
This method is pretty simple, but it can be powerful once it's mastered. Anyone can master it if they put in the time to practice it. You can do MILD while you're exploring other methods, so that if the other methods don't work well for you, there's always that guarantee of getting lucid eventually from your MILDs. Typically I recommend doing MILD for at least 2 months to give it sufficient time to work, but for some it may take more time. Sooner or later it will work--it's just that for whatever reason it takes longer for some people.

Good luck and happy lucids!

WBTB - "Wake Back to Bed"

Official Dreamviews WBTB Tutorial

WBTB Tutorial

WBTB

WBTB is short for Wake Back To Bed and is when you wake up a few hours into sleep to increase your chances of achieving lucidity. WBTB is not a technique in itself, but enhances others to make them way more effective.

How to Achieve WBTB

In order to achieve a WBTB you only need to wake up a few hours into sleep and then go back to bed. For it to be as successful as possible you need to do some planning and give it a few tries. This is to find out a few important things:

- How long is my Sleeping Cycle?
- How many hours into sleep will work best for me?
- For how long do I stay up?

1: We all have Sleeping Cycles that vary. To find out how long yours are, anytime you wake up during the night you make a little note which includes the time. In a week or so you should have enough information to make an estimate. You don't have to do this, but if you do, you'll be able to time them perfectly.
2: The goal is to wake up near the end, or at the end of a REM Cycle. This is why you want to find out how long your Sleeping Cycle is. If you rarely wake up during the night you can just use the most common times which are either 4½ or 6 hours into sleep. Earlier than that and you don't spend much time in REM; later than that and you'll most likely have a hard time falling back asleep. This is something you have to find out by trying.
3: A general rule is this: The longer you stay up, the higher chance of achieving lucidity; conversely the longer you stay up the harder it is to fall back asleep. Some people can't go back to sleep if they've been up for even a few minutes. If you experience this issue then I recommend keeping the WBTB's as short as possible. If you can stay up however, you should. You can stay awake for up to an hour, but between 20-40 minutes should be enough. How long you should stay up is also affected by when your WBTB occurs.

Techniques and mindset

When attempting a WBTB you need to be in the right mindset. You want to be determined and prepared even the night before, to reinforce the idea as you go to bed that the WBTB will get you lucid and believe that it will. Once you're awake you want to keep your thoughts on lucid dreaming and any task you've set up. Logging onto DreamViews or reading a lucid dreaming related book

works great. As stated previously, WBTB is not a technique in itself, but more of a lucid aid. When combined with other techniques it increases chances of achieving lucidity tenfold rather than if you were to practice the technique on its own. WILD even requires you to perform a WBTB to work. MILD and WBTB is a great combination; just as you are about to enter REM and dream, any thoughts or mantras will likely carry over to the dream and aid in lucidity.
Here's an example of how a proper WBTB looks like.

1. 22.00: Sleep time, set alarm at 04.00 which is six hours into sleep. Start visualizing certain tasks or do mantras. Look forward to doing the WBTB and getting lucid because of it.
2. 04.00: Alarm sounds. Shut it off and perform a Reality Check. Stay up for as long as you need to maintain awareness, usually 20 to 60 minutes. Try to look forward to going back to bed and getting lucid. Think "when I go back to bed, I will become lucid and fly to the moon." Combine this with a visualization of flying to the moon for greater effectiveness.
3. 04.30: Go back to sleep; keep in mind that once you fall asleep you will get lucid. Try to have it as your last thought.

Last Notes
Do not worry if the first few WBTB attempts don't succeed. Just try different amounts of time staying up or a different time for waking up. You can perform a WBTB any night during the week. I suggest you do it on nights you know you can afford to lose some sleep. That's all on WBTB. As usual, the more you believe it will get you lucid, the higher chance of it happening.

WBTB - Wake Back to Bed, by Lucid83

(WBTB) Wake Back to Bed Method
Getting up an hour early, staying awake for 30-60 minutes reading about lucid dreaming, doing MILD briefly, then taking a morning nap is an effective way to induce lucid dreams.

Here's how to do it!

1) Sleep for 5-6 hours.
2) Wake up and GET OUT OF BED.
3) Read lucid dreaming articles online or watch a dream related movie for 30-60 minutes.
4) Go back to bed using one of the following techniques.

Example Techniques Include:

- MILD Technique
- WILD Technique

- HILD Technique

Affirmations - A way of increasing your chance of having a lucid dream on a given night. Spend about 10 minutes, or more, lying in bed before you go to sleep. Think about what you want to dream about. Imagine it in your mind, and say it aloud, such as, "I'm going to fly." Then, say to yourself, over and over, "I know I'm going to dream." Concentrating on the fact that you're about to dream can assist you in realizing you're dreaming once you're asleep. This works especially well in the morning, if you go back to sleep upon waking from a dream, as you're likely to return immediately to a dreaming state.

- **Trance induction** - Trance alters the way mental energy is utilized. When we are in a trance some cognitive functions are disabled. In trance induction a mind-set is created in which lucid dreaming will happen easily. Trance induction begins with progressive relaxation accompanied by guided visualization of calming images.
- **Visualization** - Helps to remind the circumstance associated with a question such as "Am I dreaming?". If you have the intention to test the reality when you are using a key, imagine yourself at that time reminding your intention and effectively carrying out this verification.
- **Grounding your awareness** - Focusing your awareness on a particular thing in the present. Meditation helps ground your awareness and center it. Exericising your awareness allows you to be "in the moment" which enhances your lucid dreaming ability.

Sometimes just staying up and reading about lucid dreaming is enough to induce a lucid dream. If you fall asleep with out doing the techniques listed above you still have a high chance of having a lucid dream because you have set your intent by reading about lucid dreaming.

CAT - "Cycle Adjustment Technique"

Official Dreamviews CAT Tutorial

CAT Tutorial

CAT

CAT stands for Cycle Adjustment Technique. It involves adjusting your sleep cycles to help you become more aware during the last few REM cycles of sleep. CAT is one of the less popular but newer techniques due to some of the cons it comes with, for example, sleep loss. Although CAT does have cons, it is very reliable and you can get a lot of lucid dreams from the technique.

The First Week of CAT

The first week of CAT is all about adjusting your sleep cycle which means you won't get any lucids from CAT during this time. All you need to do is set an alarm clock 90 minutes before you would normally get up each day for seven days.

Now it Begins...

After a week of getting up 90 minutes earlier, you can now sleep in to your normal time, but every other day you must get up 90 minutes before you would normally wake up. It is recommended that when you wake up early you do a bunch of reality checks. On the days where you sleep in, your body will think you are going to wake up early but you really won't, because of this your body will become more aware the last 90 minutes of sleep. Now everyday that you sleep in to your normal time you will have a big chance of getting a lucid dream!

Example of a CAT Schedule After the First Week

- Monday: Sleep from 11 PM to 8 AM
- Tuesday: Sleep from 11 PM to 6:30 AM
- Wednesday: Sleep from 11 PM to 8 AM
- Thursday: Sleep from 11 PM to 6:30 AM
- Friday: Sleep from 11 PM to 8 AM
- Saturday: Sleep from 11 PM to 6:30 AM
- Sunday: Sleep from 11 PM to 8 AM

Hints

If you are planning to use CAT for a while, it is recommend you do what you did during week one every few months. This is just to 'refresh' the technique and keep it successful. You can sleep in on normal days every one in a while, but not often. If you start to feel very tired and can't concentrate, you should stop CAT and try another technique. Before you go to bed on a normal day, tell yourself you are going to wake up early even though you won't. This will increase your chances of a lucid.

FILD - Finger Induced Lucid Dream (Variation of Wild)

Finger Induced Lucid Dream (FILD), by Hargarts

Short Version:

Simplified Directions:

The Setup:
1. Go to sleep. It's that simple.. No hypnosis or visualization required.
2. To perform this technique, you have to be extremely close to falling asleep. The best time is either in the middle of the night, or in the morning. However, using this technique in the morning can often cause shorter LDs.
3. If you want to try FILD during the night, you have to find some way to wake up. There are various methods.. Find one that works for you.
4. Once you wake up, the first thing that should be on your mind is the FILD technique. Immediately relax, and try to go back to sleep how you normally would. The goal here is to get to the point just before you fall back to sleep. Once you've reached this point, begin the FILD technique. If you fall back to sleep, don't worry... you can try again when you wake up.

The Technique:
1. Imagine for a second that you are playing a piano using your index and middle finger with one hand. Your fingers are side by side on two keys. Now, press your right finger down, leaving your left finger up. Next, press your left finger down, and lift your right finger back up. Repeat this up and down motion.
2. So you have the motion down? Try this: Imagine you are playing the piano again (using the same motion), but this time, press the keys so lightly that they don't go down. Give it a try on your computer keyboard - you should basically feel your muscles contract, but your fingers should hardly move.
3. You're almost there. All you have to do is use this finger movement when you wake up. Once you reach step 4 on the setup process, start moving your fingers. Focus on the movement. By directing your focus, you will fall asleep within seconds. Do not count your finger movements or talk to yourself in your head. Also, do not try to make yourself go to sleep.. that will only wake you up. That's it!
4. Once about 10 to 20 seconds have passed, take your other hand, and perform a nose RC. Simply pinch your nose and try to breath in. If you can, you're dreaming!
5. If you find that the RC doesn't work, don't worry.. you can try again. Just go to sleep normally, and try again when you wake up.

Original Directions from LD4ALL:

1. Go to sleep:
- You want to do this tech when you are the most tired. For some people, it's 3 hours after you have gone to sleep, for others, 5, or you can do it in the morning (harder)
- might help to tell your self to wake up after your dreams (Like in the MILD tech.).. haven't tried this yet
- Try playing very soft music in the background when you go to sleep if you want to wake up during the REM state. Make sure it's very very soft, and has no beat/voice in it.

2. This is the hardest part of the technique. You need to get into a state where you are very tired, and feel like you could easily fall asleep. To achive this, you either have to wake up from a dream during the night, set an alarm clock for the time where you will be the most tired, or use the dream period in the morning.
2a. (Unreliable, but easy if you wake up) If you find that you have just woken up from a dream in the middle of the night or you set your alarm to wake you up, you should already feel very tired. Continue to step 3. (if not, just go back to sleep. You could try to relax, but I dont think it would work too well.)
2b. (most reliable) If you have set an alarm clock for 3, 5 or however many hours works best for you, you should wake up in a tired state. Try relaxing, and when you feel like your very close to sleep, contine to step 3. However, if you have woken up, and dont feel tired at all, I would go back to sleep.
2c. (hard and unreliable) If you have woken up in the morning, you might not feel very tired. (You might be relaxed, but you would find it hard to start sleeping agian.) To get into this "tired" state, you should go back to sleep. In about 30 mins (or more), you will wake up again. When you wake up this time (try not to move or open your eyes), try to relax as much as possible and see how tired you feel. (Be carefull you dont fall back to sleep) If you feel very tired, continue to step 3. Otherwise, go back to sleep, and try again when you wake up.

3. Relax. Once you think you are about to fall asleep again (You should already feel like this when you wake), you need to start moving part of your body, It should just be a very small movement, and it needs to be repetitive. I recommend using your fingers.
- What I do is this: Right now, imagine you are playing a piano with 2 fingers: your pointer and middle finger. Push one key down, lift it back up and at the same time, press the other finger down. Just keep going back and forth between the fingers. I have my hand under my pillow when i did this, but Im sure it would work anywhere. Just make sure the movement is very small, and takes very little energy to perform it. (I was just doing this on my right hand)
- Another Note: When you are moving you fingers, don't try to visualize anything, just think to you self that you will do this for 10-30 secs, and then check to see if it's a dream.
- Also, do not tell your self all the actions you are going to do, and do not "count" while you do this tech... Just say to your self, you will do a RC in 10-30 secs, and then just lay there, moving you fingers.

- Try to focus on the movement, and just try to relax.
- Do not focus on trying to fall asleep (it will keep you awake). Keep focus on your fingers, do not let your mind wander.

4. Once you start the motion, try to relax (as much as you can, but don't force it. Dont "try" to fall asleep) and wait about 10-30 seconds (keep your fingers moving). During this short time, tell your self that you will wait about 10-30 secs, and then you will check to see if you are in a dream. (Don't count in your head) Once the 10-20 secs have passed, do a nose RC (Where you pinch your nose closed, and try to breath in.. If you can, you are in a dream). If the RC fails, just try to go to sleep normally for a few mins (no motion or RCs), and try the tech one more time. If it fails again, go to sleep, and try again later that morning. If it works it should only take 10-30 secs. Do not lay there doing a RC every 30 secs over and over, it will just wake you up even more.
- The first time I did this, I thought that It wasn't going to work. After the 10-30 secs, I still was sure that I was still trying to fall asleep, with my fingers moving. However, when I did a RC, I realized it was a dream. I thought to my self "wow, I'm in a LD, I guess it does work"
- On 7-4-04, I found that whenever I started to dream, I had a tingly sensation all over my body.

5. If the nose RC works, try to get out of bed...
- I found that in the morning, when I tried to get out of bed in the dream, I would wake up immediately when I tried to move. If this happens to you, you should try this: once you realize that you are dreaming from the nose RC, keep your eyes closed, and keep pinching your nose. Continue to breath through your nose. Wait about 10-30 secs, and then try to visualize your room in your head (like your looking at it thru your closed eyes). The image should slowly come to you, and once it has, get out of bed, and you shouldn't wake up from the movement.

NOTE: When this works successfully, the real world (where you were moving you fingers) will be transitioned into the dream world (You will dream that you are still moving your fingers, and trying to relax).

Some people are telling me that they are trying to move their fingers, and then do a RC every 30 secs.. That's not what you should do. If the 1st RC fails, stop the finger movement, and RCs, and try to relax for a few mins, then, try the tech once more. If it fails again, go to sleep, and try again later that morning. Hope that helps

Things to try: Instead of waiting only 10-30 secs, see what happens if you wait more like 1-5 mins. (When I discovered this tech. I kept waking up from what I thought was the real world, and realizing that it was entirely a dream.. So I tried again, and told my self to wait a few secs, and then do a RC.. and it worked). I think that it is either going to work, or it's not going to work, do not lay there for 20 mins moving your fingers. If it doesn't work, go back to sleep, or try relaxing for another few mins.

Dream Yoga Lessons by Sivason

Sivason's Dream Yoga Introduction Thread. Read This First.

What is Yoga? Strictly speaking it is any system where exercise or practice can lead to improvement in that area. It is what we may call a discipline or an art. The modern and deeper concept is that this exercise is of a nature to help bring spiritual awareness in the practitioner. Is this stuff a religion? NO! Not in the form I will present it. The authors of many of the reference materials are from eastern religions and cultures. However, the skills that you will learn are just skills and deeper self awareness, they should fit nicely into any members religion. In the advanced topic section, open minded topics may not be some peoples style. If religious and intense topics like astral dreams bother anyone, just skip the particular advanced topic. All other threads will be non offensive to any religion.

What is Dream Yoga? Any system of training that develops the skills of the yogi (you) while asleep. WILD is an example. This is a Dream Yogi Trance. I am not planning on teaching WILD here. It is a classic Dream Yoga skill, so all of you should also take Sageous' class that focuses on WILD. I will explore other aspects of the dream yoga art. In my mind it should advance your self awareness, and increase your LD skills in the same way exercise improves an athlete. Dream yoga can be simply how you master LDs or you can take it much further into self exploration and deep emotional experiences.

Book: Tibetian Yogas of Sleep and Dream

This will be broken up into a few parts. Just so everyone knows, this book is not related to the the material I have learned and am teaching. I decided that because many of you have read this book, not only should I read it, but I could use it as a tool for discussion. I intend to remove almost all of the buddhist spiritual concepts, and try to distill the dream related material. I feel one problem with many books is the need the author has of making it 200+ pages long. A lot of filler goes into most books. I will post what I see as the core facts from the book, for those who do not have a copy, then when I am finished, this thread will be opened for discussion on any parts of the book a student may wish explained.

THE TIBETAN YOGAS OF DREAM AND SLEEP
By Tenzin Wangyal Rinpoche
Snow Lion Publications
Ithica, New York

Preface: The author tells about himself. I first must explain what a Rinpoche is; they are high Lamas (Holy men of the Buddhist tradition), who are fbelieved to be reincarnation of the last person who held the post. The Dalai Lama is the head of their order. The Dalai Lama is believed to have held this post for fourteen consecutive life times. The point here is that the rank is very significant some what

like a Cardinal (Catholic), therefore we can expect that this book was written with a religious leaning. My job here is to isolate just the dream related topics.
The author was recognized as a Rinpoche at age thirteen, when he was taught by oral transmission Zhang Zhung which are the teachings of his sect that deal with dreams. He says it takes three years of study to learn it. He then started teaching this material at age nineteen.

Introduction: I am going to simply paraphrase some of the key points. Many high Lamas have made sleep and dream yogas their primary practices, and through them have attained realization. The main theme in this book is that through this practice we can cultivate a continuity of greater awareness during every moment of our lives. Sounds strangely like basic skills lesson 1, doesn't it? Eventually we develope a continuity of awareness, that allows us to maintain full awareness during dream as well as in waking life. We will also be preparing ourselves to attain liberation in the intermediate state after death.

Dream and reality: The first step of this practice is to recognize the great potential that dreams hold for the spiritual journey. He states normal waking life is as unreal as dreams and in exactly the same way. I actually understand what he means and will attempt to explain it in an advanced lesson.

How experience arises: He explains the term ignorance, it is devided into two types. It is the ignorance of our true nature and the true nature of the world (think Neo before he took the pill). The other type is cultural ignorance, which simply means you have been taught to perceive the world in certain ways (such as certain foods should not be eatten). He explains Dualism; he perception that we are separate from our environment. These Buddhists believe that in the true nature nothing is separate. Basically picture the Matrix with everyone inside experiencing Dualism when in truth none of the objects are real and it is all part of the same program. He explains Karma and Karma traces. Karma is the actual actions that you have taken while Karma traces are the effects that it leaves on your psychology. Note that Karma may also include things that have happened to you. In the example of a soldier the Karma would be the actual battlefield experience and the Karma traces would be the PTSD that is created. He does not really explain much about how experience arises other than the general concept that you will respond to situations based on what you have experienced in the past. It is really just standard psychology.

Karma Traces and Dream: He states that dream yoga can be used to deal with Karma in two ways. The first is though observation of dreams in a no dual state (third person). Dreams will be influenced by your existing Karmic traces, in the example of the soldier: battlefield dreams and so on.you can observe the dream in third person and learn not to respond to the stimuli emotionally. By doing this you will eventually prevent the dream from evolving into more negative things. It is neccessary to remove the influence of Karmic traces from your dreams in order to reach rigpa- clear light of the mind. The easiest way to picture what he is talking about would be the white room in the Matrix except you are disembodied. The second method is through first person interaction in the dreams in

which we learn to control our reactions. He believes if you can eliminate the influence of Karmic traces then you can create a dream state with no stimuli, this is a disembodied state where no dream imagery arises yet you are in a full L.D. He attaches high religious significance to this state believing this to be the fundamental nature of absolute reality. I do not attach much spiritual significance to this state myself. Reaching this state is a neccessary part of the practice but I use it exactly like they did in the Matrix and will be teaching how to do this in a select lesson.

Six Relms: In this section he describes six relms. They are Gods, Demi-Gods, humans, animals, hungry ghosts, and hell beings, I did not find this section to be of much practical use. Each of the relms is supposed to be related to one of the six major chakras. In my experience, there are alternative relms that can be reached through the dream state and I have seen some that may fall into these broad categorizations. However, I only found a single useful piece of information in this section. He claims that by focusing attention into one of the chakras while in the dream state one can somehow enter the relm attached to that chakra. This is news to me, and I am not certain it is true.

Energy Body: He gives a brief introduction to the concept of chakras but little specific instruction. The energy is devided into three root channels, six major chakra are located on and in them. three hundred and sixty smaller channels branch from the chakras. he activates his chakras by manipulating the root energy channels. He claims that men and women's energy channels are arranged opposite, therefore men should sleep on their right side during dream practice and women on their left. I have never heard of this and do mine on my back. He uses the term Karmic Prana which is energy that suddenly arises when something triggers a Karmic trace, think of the extream reaction the soldier may have to a child surprising him with a firecracker. Until we can keep Karmic Prana from arising in dreams we will never be able to have a high level of dream control. I believe what he is saying here is that in order to reach a "white room" environment we must have good enough control over our energy to prevent our own psychological issues from influencing the dream. He teaches a basic breathing meditation that he says balances Prana (energy), it involves breathing in through one nostril and out through the other. He claims women should do this in reverse. This really is just a basic meditation so I do not intend on republishing it here. He explains how the state of your energy body when you fall asleep will impact your dreams. The main idea being that if you are focusing on an unhappines or frustration subconciously when you fall asleep those frustrations may arise in your dream. By focusing attention into various chakras while going to sleep can create different characteristics in the dreams that arise that night. For instance: someone wishing a romantic encounter with an old love, may focus on the heart chakra while a horny sixteen year old male may focus much lower. Left to it's own devices the minds attention will be drawn to whichever chakras currently store Karmic traces, for instance; you are angry when you go to bed, so you dream about punching your boss in the face.

Images from the Mother Tantra: Here he expresses that the process of realizing that you are in a dream is the same process used to realize the illusory nature of waking life. through learning to control ones thoughts we avoid being controled by our thoughts. The dream relm gives us a opportunity to work with controling our own thoughts and responces to situations. This will make it easier to understand how our experiences arise in waking life. He gives many comaprisons between dreams and things like lightning, echos, and rainbows; but I do not feel it is neccessary to list those things here.

This takes us through the end of Part I : The nature of dream. Those of you who own the book may feel I left many things out, but my intention is to streamline the material and stay relavant to this class.

How Meditation is Used in the Art of Lucid Dreaming.

Meditation is a term for a broad range of practices that develop mental skills and personal awareness. Here are three examples of types of meditations and how they can help you on your lucid dreaming path.

Sensory Awareness Meditations: They are any mental practices were you try to stop the mind form thinking about things that are not taking place in the present moment, and instead truly feel and experience in various senses. By closing your eyes and paying close attention, you come to realize that your brain has been ignoring most of the world around you. The benefit to LDing is that you become keenly aware of how being awake truly feels, and you will then notice when any subtle thing is not right in a dream, thus increasing the effect of a reality check. Also, when in an LD you will have increased the amount of detail your brain can process, which leads to more vivid and life like dreams.
Visualization Meditations: This type of mental exercise involves developing the portion of your brain that is used in reproducing a real life sense in a dream or in meditation. The most straight forward type is called a guided meditation. In these a narrator describes a basic scene and helps you relax and imagine the scene. This is very effective at training the imagination and can lead to truly seeing the scenes described. More advanced visualization meditations involve learning to actively harness the ability to recreate sensory stimuli by intent. Visualization meditations are very useful in LDing as a means of mastering dream control and changing the scene into one of your creation. They are also very useful in WILD attempts, as visualizing can take the place of thinking, to keep your mind aware, but not over stimulate your waking mind.
Mental Discipline Meditations: In this type of meditation you learn to keep the mind from wandering. The type of discipline worked on can vary from trying to only think about a single subject or word, to trying to avoid thinking at all. The benefit to LDing is the ability to eliminate the random aspects of your dream, such as annoying DCs and events you did not consciously choose to create. It is also very important in WILD attempts, as you will be able to stay aware, but avoid thinking about the stresses of your daily life.

Dream Yoga Basic Skills: Lesson #1: Sensory Awareness Meditation

Welcome to the first lesson of the Dream Yoga class! If you have not done so yet, then please read the intro thread and post there if you are interested. Everyone can now start workbook in this sub-forum and start posting questions and homework there. The workbook name can be creative, but should include your user name and the word yoga. So, here we are at the beginning! Where to go from here? I want to take an approach in which I will assume everyone here, can benefit by going over the basic concepts of everything, as if they were beginners. So, if you are already pretty advanced with meditation and dreaming, please bare with me. We will get to some advanced stuff eventually. Ok, lesson #1. What do I mean by "Sensory Awareness Meditation"? This is a meditation in which you become hyper-aware of the real physical world around you. They can vary in the methods used, and in fact I will want the students to invent an example on their own. This class of meditation involves developing an awareness for how your brain is always limiting and filtering the sensory stimuli that actually ends up being perceived. Why have I chosen to start with this subject? Often when people first learn about meditation, they are told to hold still and stop thinking. Not only is this instruction vague and hard to follow, it leads to something that is not really very exciting. While training the brain to such a point as being able to suspend thought, is impressive and at some point very useful, it is really not for beginners, as it is very advanced and not very interesting. I want to start with some skills that are fun and easy, yet will quickly start enhancing one's self awareness and developing new portions of the brain. All animals and humans process the incoming stimuli and pick and choose what stimuli will be part of the conscious experience. This is done all the time and on average only about 5-10% of external stimuli will be perceived. If you think about this, it is a needed coping mechanism. The amount of impulses at any given moment is just too huge to take in. These meditations are designed to bring the student a first hand awareness of how this filter system works. By developing an awareness of how one can increase the amount of stimuli experienced, one can then more easily learn to limit the stimuli, when later trying other meditations.

I will break this meditation into 3 versions, each with increasing steps of difficulty. I would like each student to spend days on each step if needed, before moving on. The first step will be so simple that everyone will have success, but I will add enough steps, that even advanced meditaters may be challenged. You must find a comfortable and some what quiet place to sit. The place does not have to be completely silent, but should be free from screaming children or a television that is loud. I am not strict on how a student should sit or anything like that. For these meditations you can be in any comfortable position, even lying in bed.

Version 1: Listening to a Noisy World.

- Level 1) Sit in a some what quiet setting, but not a place free of sound. At first just get comfortable and quickly with no special effort determine if any sounds are already being consciously perceived. Sit and just notice which noises you where aware of before paying attention. Now, with your eyes closed, casually explore each noise starting with the most

obvious ones. You may first have been aware of the sounds of children playing, and traffic from a near by street. Listen to any of the obvious ones for a moment. Try to visualize in a casual and light manner, what each sound is. Now, your only goal in level 1 is to move around your environment not physically, but with your sense of hearing. You should acknowledge the sounds that were already obvious, then move your awareness of sound around. Try to pick up on the sounds you had not been fully aware of. They will be sounds that are not extremely quiet, and will be easy enough to find. You are simply trying to become aware of the fact that while the sounds were there the whole time, you did not consciously perceive them until you focused. In an average attempt at this meditation I can often identify about 8 sounds my brain was choosing to ignore. Make a list in your head that tells you which noises you had clearly been aware of and any new sounds that you begin to perceive while meditating. You will find that at most times the world is full of sound we are choosing not to hear.

- Level 2) Repeat the level 1 meditation, but this time you will attempt to maintain aware focus on as many sounds as you can. Take the most obvious noises and pay attention to them. Think to yourself about what you are hearing, then while continuing to listen add the next most obvious noise. You may experience something strange here. This level is actually much harder! At about the time you are aware and focusing on 4 or 5 noises, and when you are scanning for more noises, your brain will attempt to ignore the first most obvious noises. Do not get frustrated; just watch the process with interest. Do not stress or become intense. This level may be practiced for years. You are learning to force your brain to acknowledge multiple sensory inputs. Try to get to where you can stay relaxed and keep a full awareness of 8 sounds at one time.
- Level 3) To complete this version get to a point where you can perform daily actions while maintaining the same level of awareness as level 2. Here is an easy example. While a person is walking, they will almost always blank out the sound of their own feet hitting the ground. In level 3 do something like go for a walk. While your eyes are open and your feet are moving start to go through the process involved in #2 above. You will be surprised on how foreign trying to hear your own foot steps is if you do not allow your focus to be taken off other things. It is not enough to be able to walk and hear your foot falls. You need to be able to walk casually, hear all the standard noises, and maintain awareness of the sounds of your own feet. If you get good at that add in one more item. Listen to all the normal noises, while being aware of the sound of your feet and the sound of the air moving past your ears, or some other subtle noise your body would normally ignore.

Version 2: Feel an Intense World. I should be able to go over this one quickly as the concepts are the same as above. However this version will deal with the sense of touch.

- Level 1) Sit in a quiet setting as above. Now notice the physical sensations that come to you as obvious and that you already were aware of before starting. The normal touch related sensations we are aware of are itching, pain, hunger, cold and those impulses that warn us that we should change our environment. List in your mind all of the most obvious sensations,

such as back pain, dry mouth, itchy nose. Now close your eyes, and start noticing the subtle sensations you had not been fully aware of. Notice obvious things at first, like the pressure of your bottom sitting on a surface, then move to subtle things such as being aware that your left sock has slipped down, or that one shoe is tighter than the other. List in your head at least 12 things you were feeling and had not been fully aware of.

- Level 2) Repeat level 1, but try to maintain full awareness of as many of these touch related sensations as you can at one time.
- Level 3) Repeat level 2, but this time with your eyes open and other distractions to make it more challenging.
- Level 4) Lay in bed before sleep and start this meditation. If you fall asleep before you are done that is fine. Start by trying to feel your left foot, then your right foot, and in order, your knees, you hips, your shoulders, elbows hands. Do not move them about in order to feel them. You should be able to feel the bedding or gravity or dry skin at each place. You never really focus on being aware of what each small part of the body is feeling.
- Level 5) Repeat level 4 however, you should now work on being able to move through every portion of your body, and perceive the sensations from every small joint and part all the way down to you little toes. Work your way through your entire body starting with the toes. Get to where you can become fully aware of any physical sensory impulse from even the most minor contact with part of your body.

Version 3: Mixing it up.

1. Level 1) Place a hard candy in your mouth. It should have a strong taste like peppermint or lemon drops. Your goal in this meditation is to maintain awareness of the candy and its flavor. Sit comfortably and close your eyes. You may now day dream or listen, but maintain focus on the flavor of the candy being in your mouth. You are allowed to play with the candy or worry it using your tongue. What you are not allowed to do, is space off paying attention to the candy being in your mouth. Do this long enough to realize why this is difficult. After your taste buds are covered with the flavor for long enough, your brain will try to erase the taste. It always happens during normal life. You basically lose track of the fact that your mouth is covered with a strong flavor.
2. Level 2) Repeat level 1, but this time you should take the finger nail of your right thumb and gently rub it across the tip of your right middle finger. You will now attempt to maintain full awareness of both sensations. Your body will attempt to erase the subtle feeling caused by your thumb. Stay fully aware of both sensations.
3. Level 3) Repeat level 2, but this time you will have to be walking while attempting this. Keep fully aware of the candy in your mouth, and the sensation caused by your thumb nail. Here is the big challenge! Do not bite the candy! At levels 1 and 2 you can chew the candy, but to finish level 3 you must maintain full awareness of the candy, the feeling from the thumb nail, while walking, and you must be so aware, that you do not accidentally allow yourself to bite

down on the candy. You have succeeded when you can stay aware of both things, while walking, until the candy has completely dissolved.

The above material is going to provide students with plenty to focus on.

Dream Yoga Basic Skills: Lesson 2

Here we are ready for more strange stuff. You have had about two weeks to practice Lesson1, and I hope you all had an interesting time. Last time I had you explore the world of sensory preception. This lesson will teach you to explore your awareness of your mind. Each of these skills should be practiced and an entry about your observations should be posted within 2 weeks. I will again, not be telling you exactly what to expect, or why you are dooing each of these. I want you to discover the secrets for yourself, and post them in your workbook. I will at the end of the 2 weeks, be giving out more "Gold Stars" and acknowledging our best mystics. If a student can figure out why I use each of these skills in my LD yoga, or discovers anything insightful, then I will explain how to use these. I again will not just hand out this knowledge. So, the more students discover and post, the more the whole class will learn. I may toss in some extra knowledge if people get close enough to the mark. For now, just experience each of the meditations, discover fun mentall things, and try to imagine how these skills are related to Lds.

Diffuse Vision: This skill is a little out of place at this point, as most of Lesson 2 is going to be about developing awareness of the mind. This is not just a physical talent, but requires learning a new mental state, so it could kind of fit here. However, I have already taught some of this in a few student workbooks, so I am posting it now. I googled searched this skill to find out how other teachers explained it. The thing is, I could not find any refrences to "Diffuse Vision" except for one. Hmmm, I guess this stuff may be a little more secret than I realized. However, in todays world why shouldn't it be taught to anyone who wants to learn? The one reference to it was that "Diffuse Vision" was a skill used by Zen Warrior Horsemen. It did not tell you how to do it, but just described what they could do with it. So,,, I will attempt to teach you all. I hope I am up to it. Here it goes...

- Level 1: Simply do not look at any object ahead of you. This can be done while sitting or walking, but does not work well laying on a bed. Relax your eyes and have the eyes pointed ahead of you. You want to bring your awareness to the edge of your field of vision on either side. A very good way to practice this is when you are a passenger on a vehical. Here is what you are after. You should try to be aware of what is in the edge of both sides of your visual field. You will likely try to look at something directly in front of you, or your eyes will attempt to move towards one side and focus on something over there. Your goal is to hold two objects or moving scenes in your awareness without allowing your eyes to move towards the side. You also want the eyes to be in a relaxed state and not shift to an object in front of you.
- Level 2: Place an object like a coin, pen, crystal, about half an arms length (you can hold it) directly in front of your eyes. You are now supposed to look directly at the object for a

moment in normal vision. Then relax the eyes. You must learn how to over ride the fine muscles that cause the eyes to focus, as well as the gross muscles that control binocular vision. Diffuse vision does not use binocular focussing. Look at the object, but do not allow your eyes to come into focus on any object. You should look like the vacant faced stoner or an android. The entire portion of your face involved with eyes should relax. You want to be fully aware of the object, but fight the impulse to let your eyes focus on anything using binocular focus. You should attempt to stay unfocused for over 2 minutes. At that point you may start to experience visual distortions. These distortions are used in other mystical skills like aura vision and crystal ball/ reflexion gazing. For now, just notice them. It is not part of this lesson to see the distortions, so do not worry if you do not. Try using diffuse vision on a tile floor that has dark grout lines and you should see distortions and weird stuff within the two minutes.

- Level 3: Simply combine the first two lessons. With out employing binocular focus, be aware of the object right in front of you, and an object on either side. Try to understand what mental impulse is trying to make this hard to do. Something in your mental state will fight you and try to force your eyes into focusing on an object or spot. I can not "teach" this part of it. You need to identify what in your mental state keeps forcing you to "look at something" rather than "just seeing something." You may spend years working this out. In the end learn to supress that part of your mind. Learn to not have to comply with the demand, that you do things the way you have always done them before. Mental discipline is the needed thing; develop it.
- Level 4: The true goal! Use the type of vision you developed in lesson three and attempt to watch a colorful or action packed movie. I would suggest that your eyes rest off to one side of yhe TV by a few inches. Your goal is to sit and see the show, enjoy the show, and understand what you are seeing, for 10 minutes, without succumbing to the impulse to look at the screen (or anything) using binocular focus.

I will be suprised if most people do not find this to be very challenging. I am not pretending these skill I am teaching can be learned in a few weeks. Develop all these skill over the years. For now, post in your workbooks anything you feel is worth commenting on, any cool experiences, or if you think you understand why I want you to learn this.

Wandering Mind Recall: This mental state awareness skill is pretty straight forward. It only has one step. Simply sit comfortablly or it can be done during a walk or bike ride. You are going to attempt to keep one thought in your mind. The thought should be something worth repeating. I use the thought "Thank You" or any short positive phrase like "I am going to have a great LD tonight" would work. It could be anything.
Now for a period that should increase as you practice, say 2 to 10 minutes, you want to stay aware of you thinking this thought. With the normal mind the way it is, you will probably also think about

many other things. If you notice a thought that is not the phrase, do not be upset, just go on and refocus on the thought.
Now, when you are done with the time you planned on doing the exercise, try to write down what the thoughts were that distracted you. Do not attempt to remember them while doing the exercise! You would then NOT be focusing one the phrase you chose. Try to recall as many distracting thoughts as you can, only after you reach the time you planned on. That is it! Very straight forward. Try to go longer times and see if you can figure out how to reduce the amount of distracting thoughts.

Be Here Now: Follow the same format as "Wandering Mind Recall" but the allowed thought is now going to change. You no longer get the benifit of one clearly defined thought to keep distracting thoughts at bay. This time do not repeat any phrase or mantra. You are allowed to think any thought, as long as it has only an attachment to what is going on this very moment. If you find that a thought is not about the current moment, do not get frustrated, just pick something from "the here and now" to think about. Here is an example of correct thoughts. "My butt is falling asleep,, I should shift my weight or stand up,, there that is better,, now, can I hear anything?,, oh say, that sound is a woodpecker,,"
ok, now an example of the thoughts going wrong. "yes it is a woodpecker,, doesn't really sound like old Woody the cartoon,, how did his laugh go?"
Ok, so the train of "Be Here Now" thoughts above got derailed by Woody. Now the thoughts should hold no blame or frustration, like so. "Woody is not here and now,, let's see,, a catapillar is crawling across the deck,, I wonder if it is fuzzy,, let's look closer"
It is only when the time choosen is up, that you would attempt to recall the non-now thoughts that snuck in. During the whole exercise practice as much awareness of your surroundings as you can. You are supposed to be discovering how your mind works, and really experiencing the moment, not the past or future.

Mantra Awareness: The idea here is that certain sounds have the ability to create effects in us. An easy way to put this is that we get specific feelings from specific sounds. In this exercise you are not going to learn much about mantras. Instead I just need you to identify the way some sounds make you react. As humans we have identified this and used it in our technology. Think about the "busy signal," it is designed to make you hate the noise, the ringing noise is designed to attract attention but not negative feelings, and on games we know what sounds mean "good job."
Sit and relax, then become aware of your general state of feeling. Now vocalize an "A" sound. There are at least 3 ways the "A" sound can be modulated to cause emotional response. Think of a mom who finds her child cute and she goes "Awe," that sound is clearly expressive of an emotion. Now, think the child who is told he can not have something, and in disappointment he goes "awe." Finally, think about someone in the throughs of extacy who calls out "Awe!" Those three versions of the basic sound are drastically different, just by vibrating in slightly different manners. Play with the A sound

and try to intone it in a way that resonates. Then explore other basic sounds in various manners. Try to identify any sounds that cause a response in you.
You should also start trying to notice what it is about various sounds and music that cause reactions in you. Try to learn how to make basic vowel sounds resonate and feel powerful.

Mudra Awareness: This exercise is a lot like the Mantra Awareness. A Mudra is a hand gesture. The position of your hands effects the flow of energy through your body. It can also effect the way you feel. Common Mudras are the Christian prayer hands, and the waving hand. Sit in a relaxed state and become aware of how you feel in general. You should now take your dominate hand and make a tight fist, then relax it and unfold the pointing finger, and point. Then open your palm and turn it so the palm is up. Now go back to tightening your fist. All three of these gestures should cause a subtle shift in how you feel. As soon as you can detect a difference in how you feel when making those gestures, I want you to explore other hand gestures on your own. Feel free to try either hand or both. Interlock your fingers or anything that seems like a standard way to position your hands. Strive to detect your very subtle reactions to the hand positions, and report in your work book if you make any interesting observations. If you get into a relaxed state like meditation, you will have an easier time finding the subtle difference in feeling I am trying to show you.

Dream Yoga Intermediate Skill #1: Visualization Training

Hi everyone, Many of you have read this material before. If so, then you have a head start. Some of you are probably suprised I called the basic skills basic! I know this stuff can take months or more to get good at. Here is your first mega-challenge! Visualization training. Do not become frustrated if you seem to stall at even the very first steps involved. The intermediate skills take months of work. I hope everyone, whether posting in work books or just studying on the side, will be able to accept that this is an art and will take a long time to develop. It is an amazing skill, that really makes you start to question.

There are many ways to go about this and I encourage you to come up with a few that suite you through experimentation. I will share my two favorites with you so you can get started. This will make WILDing and DILDing much, much easier, I am actually suprised it does not get talked about on this forum too much. What it will do is give you an active way to develop the part of your brain that controls dreams. An activity you can do while awake to furthur your goal other than endless reality checks. Here is the idea. Take sight for instance. In waking life, light energy in various wave lengths hit the rods and cones in your eye. That causes neurons to fire and the message goes to the brain creating your visual perception. In a dream there is no light energy. Something must stimulate the neurons, but what? You are going to learn how to stimulate the visual perception with out light energy. The untrained mind has only the limited random ability to do this, like in a random dream. You can hone in on the something that fires the neurons and develop it like a muscle, through repeated use. Every sense can be harnessed the same way. The sense of touch in waking life is from a

object or heat/cold exciting a receptor that then sends a nerve inpulse. In a dream no object is needed. What then is the source of the nerve impulse? Again you can learn to hone in on that something, and develop it. The end result is that the parts of the brain used in dreaming become highly developed.

- 1) Visual. Lay in bed in the dark while fully awake and aware. Close your eyes. It is not really black is it? If you only see black, be patient, most people will start to see tiny specks of color or even blurs and dots of color. Perfectly normal at this point. I have only met one person who could not see some tiny flecks moving around. Step one: Just watch them for a couple nights. Become more aware that the colors are there. Step two: Try to cause one color to be more prevelant. Some colors will be more natural for you. If the most common random color is blue, start with blue, and so on. While watching the normal flecks, start thinking about things of that color. For blue maybe day dream about looking into the ocean. For red maybe day dream about looking into a glass of red wine. Watch the visual field as you do this. You should notice that the amount of that color will increase, maybe even appearing as whole sections of the visual field having that color of light shone on them. This may take awhile, or be very easy. Step three: Get to where you can increase the amount of two more colors, and try switching back and forth between them. Now more red, switch to visualizing blue and so on. Step four: Try to cover the entire visual field with mostly one color. Step five: Now picture common geometric shapes. For instance, two crossing lines, or a circle. At first any color randomly, then when you get that, the color you choose. Step six: Get to where you can create a shape of a chosen color on a back ground of a chosen color. After that make up more steps on your own.
- 2) Tactile (touch) Lay in bed fully awake. Step one: Try to feel your fingers without touching them. You are recieving impulses from every part of your body, but filter out most of it. Get to where you can preceive each of the fingers of you right hand with out moving them. Step two: Slowly open and close your right hand. Really pay attention to how it feels. Try to experience it in fine detail. Now stop actually doing the movement. Try to remember how it felt. Go back and forth between doing the movement and trying to recreate the feeling of doing it. Step three: after you can actually clearly picture how the motion should feel, try visualizing each finger moving one at a time. Go back and forth between really moving it and trying to recreate the feeling of moving it. Step four: Now do the same thing, but move your whole arm and hand. A simple waving motion or something like that. Go back and forth between actually making the motion, and trying to recreate the feeling. After you get that far, make up other similar moves on your own.

Be patient, some people will be able to do these things in as little as a week, while others may struggle with it for much longer. You are trying to exercise the portion of your brain that creates dreams. No matter how long it takes to get through the two exercises I just listed the whole process is actively developing the needed portion. If you don't see colors, but you can see something like light, start there. The concept is of course to develop these internalized dream senses. I assume every person will start with being better at one thing than another. If seeing color is difficult, but seeing light is easier

you could skip color for now and work on making the lights form a circle and so on. When that portion of your brain is sitmulated to develop its self, all other imagery manipulations will be easier. Maybe you work on it for a week and can make some basic shapes or whatever, then go back to color and see if you have developed enough skill to easily start that trick. When you get good at this stuff it can be practiced anywhere, when you have a queit moment. When you first start you need to try to make up mental tricks that help you picture in your minds eye or imagination the color or shape. I used tricks like day dreaming about colorful scenes or objects. If I wanted green I may picture emeralds of a field of mown grass. Then when I was ready for shapes I would daydream, while passively watching for anything to appear, I would daydream I was looking at a clock face or a ball or the moon, while expecting the shape of a circle to appear. At first the circle would just be a blob but the sides would try to round out, then eventually a round blob, later a image of a circle but so vague I thought maybe it is not really there,,,and eventually, after a few weeks for your brain to remodel and expand in the dream portion, a perfect round image of light floating and trying to swirl and dissolve. Now for exercise you can try to get a specific shape of a specific color. A green triangle, day dream about a christmas tree. A yellow circle, day dream about the sun,, and so on. This exercise should be given no less than 3 weeks of time, because when you exercise a new part of the brain it takes at least two weeks for the brain to re-wire the neurons. Make up your own methods as you go. You are developing a new skill and as you practice your brain becomes wired for this. In the end you will not need to daydream or try at all, your brain will have learned to show any basic image you desire. Here is an example of how vivid and controlled you can become once the re-wiring is done. After about 2 years or however long it takes, you can close your eye in a classroom or at work, and in less than 1 minute create a clear glowing triangle or circle of yellow on a red background and switch back and forth with other shapes and colors. This takes time, at that point three or four combinations will be pretty easy, but not everything will work without much effort. In the end, say 10 years of practice, you can close your eyes and instanly create a clear glowing image of a yellow triangle point down, over a blue triangle point up, on a red background, with vivid colors and well defined images. After 20+ years I can do even weirder stuff with little to no effort. You may get frustrated if nothing happens the first week, but after the second week it should start becoming pretty intense.

How to use Visualization to Help You WILD: Every one should attempt to initiate the dream. The WILD procedures may end up causing you to not know you are in a lucid dream. If you focus on the WILD process after you reach SP you may hit a lucid state and not realize it.When you have reached a place, where you would have to focus to move your hand you are in the first state of SP; you could move but not with out mental effort. Don't worry about SP after that. Begin at that point just start pretending you are in a lucid dream. You need to initiate the dream! Not just hope for it to happen. You may have been all the way to a begining of a LD, but not realized it because you are waiting for something visual to happen. I use these tricks to enter WILDs. After I reach SP I start to create the beginning of a dream whether my brain is ready or not. Commonly I hit SP then uses my tactile sense to create a feeling of my arm moving. Then I use visual skills to create two intersecting

glowing lines with a thick end to represent looking down at my arm and hand. I try to synchronize both senses, so that I get a low grade lucid dream of my moving my arm and watching it. After that is easy, I develop the hand a little and recreate the experience of moving my hand and making basic jestures and can see this in low definition and really feel like I am in a weak LD. If I do this as a WBTB with at least 5 hours sleep, I have amazing luck with my WILDs. Usually at this point I relax and watch for a minute and my brain is happy enough to start a basic LD such as vague images of a room or forest and me having a poorly defined dream body I can explore with. Then you can walk write into the first stages of REM as soon as it starts. You must keep thinking about this being a dream. Build up your imagination, try to see something basic, like your hands. If you then get blurs and shadows to move around when you try to look at your hands, you are doing it right. You are probably in a lucid dream by this state, just a very very mild one. Now, nurse it along slow. Feel yourself walking and look at anything you can picture you may see in a dream. You will now start to see images arising. Don't break it by getting excited. WILDs take patients. You are hopefully less aware of your body now, but may still be thinking rationally. Just keep up a simple simulated feeling of walking and any other motion you want while causualy watching the field of vision go in the first stages of HH. As soon as you really feel like you are doing an action and are seeing blurs, you have actually entered a weak LD. Just gently picturing what you should be seeing, like a forest trail. At this point you may suddenly realize you are in an actual dream! Then do all the things you have learned about like your RC and stabilizing. Have fun.

Intermediate Skills Lesson #2: Creating Motion

- Step 1: Get good at being aware of each part of your body as learned in basic skills. When you can feel the subtle way each part of your body is receiving impulses, such as the effect of gravity, the fine hairs on your arms reacting to the air, or the feel of your clothing touching each part of your body, you have completed step 1.
- Step 2: Sit or lay in meditation. Focus your attention high on your forehead. After you can feel the skin on your forehead at about the hair line, shift your attention to your left ear. After you can feel your left ear, shift your attention to the place where your spine touches your skull. Next shift your attention to the point where your neck and right shoulder touch. Finally shift your attention to the top portion of your breast bone. Stay at this step until it is very easy for you to focus on and actually feel these five points.
- Step 3: At this stage repeat the process, but this time you should feel as if your attention is like a cursor you can drag fluidly using a mouse and your body is the screen. Do not literally picture a computer or cursor, but that is how I am going to describe the idea. You should drag your attention across the surface of your skin as it moves from each point of focus. You should do this slowly and be sure you can move your attention through the entire circuit fluidly.
- Step 4: Repeat the cycle in a loop, but do not connect the last point with the first. Fluidly move from forehead, to left ear, to base of skull, to the place the shoulder meets neck, to upper breast bone. Then jump your attention back to your forehead and repeat. While sitting gently sway your body in the direction of the point of focus. You should time the sense of

touch in an area to you leaning veery slightly in that direction. You should add a couple more points at this point. Pick a spot that is lower than the last and in the correct direction of the circuit. Left armpit, middle of back right side where the ribs end, belly button will work. Extend the circuit to include these points. When you reach the belly button, jump your attention back up to your forehead. You should be swaying in time with the rotation of your focus. Viewed from above your head and shoulders should be going around in a continuous circle.

- Step 5: This is the final step in the intermediate skill level of this. After you have got good at timing the swaying of your upper body with the progressively moving point of attention, you should stop actually moving your body and using the visualization skill learned in the last lesson, attempt to recreate the feeling of swaying in a circular pattern. Now you simply drag the point of attention to each point as rapidly as you feel comfortable with and visualize the sensation of swaying.

This may not seem too exciting at first and it may not be easy to complete step 5, but this skill will be essential to some advanced skills. You should end up being able to honestly feel as if you are still swaying like you did in step 4 without moving at all. Just to hint at how this skill will be used, I will tell you that one advanced skill will involve creating a storm and another with transformation.

Intermediate Skills Lesson #3: Energy Flow Simulation

In this lesson please regard this as simulating an experience through mental visualization and tactile manipulation. This is in fact a lesson that could be considered super-natural training if looked at incorrectly. For the purpose of this class, all training in questionable material will be conducted in the Select Topics. I will teach you to be able to create the experience of energy flowing through your body. In the context of this lesson we will view this as tactile manipulation and visualization. If your religious views do not allow mystical pursuits do not worry at all. While this could be used in a mystical system to teach students the first stage of energy work, that is not what we are doing here. Feel at ease in that this lesson is simply teaching a visualization trick that will be needed in many advanced skills. You must learn this skill very well so you will be able to do the following advanced dream skills: healing magic, fire balls, TK, lightning and I may even teach a few others. Those interest in actual energy training will want to master this so we can go into energy training in a select lesson, that nobody needs to read if their religion would frown on it.

- Step 1) You should already be good at the basic skill where you feel each part of your body. Start by feeling the base of your skull with your attention. You will now repeat the process described in intermediate lesson 2 that involves dragging the point of attention from one point to another. Move your attention to your right shoulder feeling the point of attention as you focus briefly on every point between the base of your skull and that shoulder. Now drag the point of attention down the deltoid, the biceps, the elbow, the upper forearm, lower

forearm, and finally the palm of your hand. Get to where you can actually focus in on and feel each point along the way easily.

- Step 2) Move your attention from point to point as smoothly and quickly as you can. You are attempting to create the sensation of something moving from the base of your neck to the palm of your hand by mental trickery. You should be able to actually feel each spot using basic skill learned before. Then by rapidly shifting attention in a sequence it should trick your mind into feeling as if something moved along that path of points.
- Step 3) To be done each day in the shower. Stand facing away from the shower head and allow mildly warm water to spray into the base of your skull. Shift just as needed to cause some of the water to run down your right arm. Keep your arm out a few inches from the side of your body and slightly bent at the elbow. Your elbow should be turned slightly outward and your hand open and relaxed. Now while the water flows down your arm and drips off your fingertips repeat step 2. You should be able to use the sensation of the water mixed with step 2 to reinforce the feeling that you are moving energy down your arm. You need to do this often enough to be able to almost recreate the same feeling without the aid of the shower water.
- Step 4) Go outside or in front of a window were heat from the sun can shine directly on to your body. Stand with the sun's warmth shining on the back of your head and neck. By this point you should be able to recreate a feeling almost like what the shower causes. Enjoy the warmth of the sun for a minute, then begin the process of shifting attention from one spot to another down your arm. Try to convince yourself that you are actually feeling the warmth of the sun on each point you focus on. The end result should be the ability to feel as if the sun is doing the same thing the shower head did. You should be able to almost feel sunlight warmth flow down your arm and drip from your fingers.
- Step 5) Using the memory of how step 4 feels, practice recreating the feeling, without being in the sun. You move your attention swiftly down your arm and feel as if a warmth from sun light has moved from your neck into the palm of your hand.

Advanced Skill #1: Suppressing Emerging Thoughts.

This is perhaps one of the most advanced of yogic activities. In my own opinion it is far harder than anything I have presented so far. It is often the stated goal of many schools of meditation. The truth is that even after decades of practice I have a long way to go to suppress all thought for more than a minute or so. The good news is that you do not need to master this skill to use it in lucid dreaming! If you get good at the basic concepts involved it will greatly improve your control over the random elements of your LD.

The way it works requires understanding why random crazy things take place in your dreams. In a normal (not shared/astral) dream, every element comes from thoughts you have had. You do not have acute enough awareness to detect the thoughts without training, in most cases. The thoughts can be subtle doubts you have in your ability, wandering thoughts about movies you have seen, or random crazy nonsense. When you are dreaming any random thought can derail the course you wish to set,

manifesting into any number of stumbling blocks. Any doubt you allow to be expressed as thought can prevent you from using super powers. The purpose in this lesson is first to develop the ability to detect a forming thought before it can take place as internal monologue. Then to give you tools you can use to suppress emerging thoughts. After getting some skill at this while awake, you will then be able to use the skill in an LD to prevent DCs from appearing or interacting with you, and prevent random plot twists and events. You will likely sometimes choose to allow the dream to be random for self-reflection or entertainment value. However, if you are attempting to practice a skill or complete a task, it is important to prevent the random elements from derailing the flow of the dream.

The actual lesson is pretty short; the path to achieving the goal is a many year journey, but you are all planning on lucid dreaming the rest of your life, aren't you. If you get good at suppressing emerging thoughts, then you will be able to increase your control by many degrees. Here is a portion of one of my recent lucids where I was able to use this ability twice, and as you will see, a great deal of my control stems from using this skill.

> 'I decided to play with a female DC. I was not feeling sexual, but to accomplish a quick and pleasant dream control task, this seemed like a reasonable task. I flew up alongside a sky scraper and knew there would be people inside. I saw into an office and focused on a DC that was a woman at a desk. Not especially pretty, but that is easy to change. I phased through the side of the building into a hall/stairwell and then walked into the office. The DCs had little animation and were almost just my puppets, but that was ok (I was preventing them from interacting with this skill). I went to the woman and gently placed my hands on her sides and encouraged her to stand. She responded to light pressure from my hands and walked with me back out into the hall. My brain tried to spice things up by placing two male coworkers there who would have tried to stop me. I saw the formation of the idea, and used mental control to prevent the thought from developing. The DCs just froze into scenery. I took the woman out onto a balcony and tried to take her flying. I floated out between the buildings with her, but my mind tried to tell me levitation is harder if you carry someone. We started to float downward. I suppressed that thought and up we went again, but I decided just to land on the next building.'

Step 1: Become familiar with how quickly thoughts form. Sit and watch the hands of a clock. You will do this only 15 seconds at a time. Try to avoid any thoughts by saying the number corresponding to the second hand in your head. It is unlikely that while awake you will make it to 15 without a thought forming. Work on this until you can get from 1 to 15 with only a single interrupting thought. You must stop thinking about whatever the thought is, as quickly as possible by focusing on the next number. You will notice that despite using your inner monologue to count, you still can form thoughts. In this part of the lesson I simply want you to experience how quickly you get interrupted by a random thought and increase the speed with which you can suppress that thought by focusing on the clock and the next number. You can move on as soon as you can only have 1

random thought in the 15 seconds and refocus on the clock before the 15 seconds expires. You may still attempt the next steps before you achieve that goal, but also keep working on this until the goal is met. You may need to almost yell the next number inside your head at first to over-ride the random thought. If you can stay focused on the counting and avoid thinking at all for the whole 15 seconds, then give yourself a hand. Even 15 seconds without thinking, while using the crutch of counting, is a great accomplishment.

Step 2: Spend a couple minutes doing the "Be here now" meditation. It is described in an earlier lesson. Simply interrupt any random thought that does not apply to things you are experiencing with your sensory awareness, by using your internal voice to narrate what you are seeing or experiencing. If you start to think about your job, then force your mind into describing or commenting on something taking place at the moment.

It will go kind of like this (I will underline the thoughts that are to be avoided),,, "I really need to get new shoes".... Interrupt with "These shoes are worn out. The laces are almost broken. I probably should get some boots." Interrupt this with, "I see little fibers sticking out where the laces are frayed.:"

In this step you are spending time seeing how quickly you can identify a thought that is random. You should work on being able to distinguish the first hint of an off topic thought, and then interrupt the formation of the thought. In the case of the thought "I probably should get some boots" some process will have led to that thought. It may have been a flash of memory about stepping in mud, or an image forming in the mind's eye of a boot. The image of the boot is one step before the formation of the thought, but the recognition of a flash of memory would have been even before the image. Note that this is taking place in fractions of a second.

Here is a very important thing to clarify. You must get to the point when you recognize that a thought is forming while it is still subtle imagery somewhere in your mind's eye, before it becomes internal speech. You can do this with practice. All thoughts have a moment when they are emerging, yet have not reached the stage of being fully expressed as language internally. Step 2 should be practiced as long as it takes (months even) for you to start recognizing the very earliest part of your brains workings that lead to a formed thought.

Do steps 3-5 in a meditation state or while falling asleep, until you have developed confidence, then try them while external stimuli is happening (such as riding the bus.)

Step 3: Repeat a simple mantra that has a basic meaning to you inside your head. I often use the phrase "Thank You" or "I am dreaming." Attempt to stay focused on the mantra. If a thought forms, see how quickly you can interrupt it by refocusing on the mantra.

Step 4: Take away the advantage of suppressing a thought with a concept. Sit and try not to think at all. When a thought arises, attempt to interrupt it with a non-sense sound in your internal voice. Use

a sound that is completely meaningless to you. Examples are the sound of your tongue clicking, the sound of a single letter such a ‘s’ or ‘p.’ Any sound can work as long as it has virtually no meaning to you.

Remember that in the end you cannot stop thinking, by thinking about it!

Step 5: Remove the advantage of using your internal voice to interrupt the emerging thoughts. Do this by learning any of the intermediate lessons and using a simulated sensory experience instead of your internal voice. If you can get to a point where you can simulate motion or the flow of energy, it can be used to suppress the forming thoughts. I can create a sense of pressure gently pushing from the inside of my head out. When a thought attempts to form I can use the sensory experience of gently applying pressure to the portion of the brain that seems to contain the bud of the thought. Another method would be using the simulation of energy flow. You can pulse energy out your palm to cause enough sensory experience to interrupt the formation of the thought.

Step 5 is very advanced and may take decades to perfect. I do believe some yogi or monks may be able to reach a step beyond suppression of thought. Perhaps they can reach a point where they just shut down the process that forms thought. However, I have never met anyone who claims to be at that level, and considering it has taken me 30 years to get kind of good at level 5, it is likely beyond attainment for most people.

Do not worry about reaching any given skill level. Just reaching a point where you can witness the earliest stage of thought formation will allow you to avoid irritating DCs and random events more often than not.

Advanced Skill #2: Immunity to Shock

This is going to be a very short lesson. The idea is simple, but the practice is going to be more than some of you will be willing to endure. It is the kind of thing most Yogi will master in the first few years. Here is the idea. One of the ways people loose lucidity is a reaction, often refered to as getting too excited. Your brain catches on to the fact that you are in a dream and the body responds with adernaline. It amps up the body and you are suddenly awake. Also, if you make it past that, and get lucid, you can still have an adernaline reaction to things in the dream. This causes the dream to be confusing and adds things like a rush of fear or worry, that can spoil the mood. How to prevent it? That is what this lesson is for. The need is to learn to control your adernal response and overcome the 'normal' way of reacting to stress. Any of you who are fighters (boxing, mma, and such) or who have had basic training in an army setting, will have learned this by now. For those who still need to develop the ability to suppress adernaline and change our response to sudden suprise I will just suggest a couple ideas. use them, or make up other ways of reaching the same goal.

Try this one if you want the fast track to the skill. Learn to not react at all to sudden cold water. You do not want to be the one who inches into the pool. You want to be able to keep talking in a calm voice and show no discomfort walking swiftly into the pool. Here are the steps I took to get there:

- 1: In the shower slowly adjust the water to cold. Build up over a few days. Just go until your body flinchs or your brain reaccts with a sudden powerful impulse to pull away or stop.
- 2: Speed up how fast you can adjust the temp to cold with out such reaction.
- 3: Run the warm water over the crown of your head, when you feel ready. Suddenly shut off all of the hot water at one time. Try to breath normal. Go ahead and make silly whooping noises, or any reaction that helps, such as stamping your feet. You need only endure this for a few seconds.
- 4: Repeat 3, but try not to react. Do not move on to 5 until you can turn the water to pure cold all at one time, stay calm with out flinching long enough for the cold water to rinse any warmth off you head and neck.
- 5: Develop the skill so that you can then calmly allow the stream to hit your back and slowly down your spine to the bottom.

Do not worry about subjecting yourself to even a few minutes of cold! The point here is not to develop endurance or any toughness. The goal is a retraining of how you respond. This must be repeated for about a month, at least 3 times a week. By that point your brain should be adapting. I will just give one more example. I think the idea is more important than how you do it. In the second example, I have used sudden loud or unpleasent sounds as training. Does the sound of nails on a chalk board create a bodily reaction from you? Train yourself to get over it. Can you turn your back and have a friend do something very sudden and loud with out you flinching? Learn to stay calm when guns are fired or fireworks go off behind you suddenly. this is not something i can really teach from far away, but I hope you get the idea. The whole idea is to train yourself to not flinch or over react to sudden intense stimuli. Train your body not to produce large rushes of adernaline when suprised or shocked and you will no longer loose lucids to excitement or shock. You will also not have the feeling and mood of your dream redirected due to your body producing chemicals as a response to exciting events.

Lucid Day Dream Technique

Let me tell you about something you can do that is very cool. Did you know you can activate the portion of your brain that creates dreams while your are still awake? I always called this a dream trance while studying dream yoga, but I like the term lucid day dream more. For those of you who do not know, you can learn to visualize most of your senses to a point where you can actually perceive the thing you are visualizing to some degree. Look through the Dream Yoga course and read about visualization skills and creating a sense of motion. When you have developed these skills you also enhance the portion of your brain that can create dream imagery. What you are wanting to do is sit comfortably and focus on some internal imagery you have gotten good at. One that works very well is feeling energy flow which you can learn in one of the lessons. For me I do kundalini which is a energy

manipulation involving feeling energy move through you. It is possible to simply feel energy because you are good at visualization or if wanted expand this into actually controlling energy. I do not discuss kundalini openly in this class, but in terms of raw visualization I will feel energy course up my spine and then spread out into angel wings. I then feel them spread and slowly fan the air. Much simpler internal visualizations will work, so as soon as you can do any of the basic ones you can try this Lucid Day Dream technique.

What you are going to do is use the lesson suppressing emerging thought to ignore the world around you. Basically keep your mind internal and not thinking about stuff that is external. You sit comfortably and start visualizing something like a triangle, which if you have practiced you should get some degree of mild imagery, or you do a tactile visualization such as trying to feel an imaginary hand move, or as stated above visualize energy flow. What you are doing is getting the brain to actually be interested in what it is experiencing when it looks internally. If you succeed at this stuff you will start to have almost no focus on your real body or surroundings.

As you relax into this internal world of visualization you start to allow yourself to imagine something simple such as walking down a street. If you are advancing in your skills you should actually kind of feel as if you are in a dream and walking despite the limited visuals. When you have reached such a point you simply start to daydream. By daydream I mean allow your inner fanciful self to imagine things. Imagine you have walked down to the river perhaps. Imagine you see some birds. If you do this correctly visuals will start to form "in your minds eye." By this I mean much more than simply imagining but a clear step down from a dream in full REM. You can get quiet caught up in an internal fantasy where you do have dream like experiences such as feeling yourself flying and seeing vague images that add to the experience. The visuals, with practice can reach the level of simple animation. The tactile sense of action and motion can be fairly impressive, and if you go deep enough the day dream may even take on a life of its own creating random events for you to react to.

This state can be as good as a lucid dream with the exception of the graphics being only about 20% of what a REM dream can create. You can use this state to learn dream control skills and in fact the very act of doing these Lucid Daydreams will increase your ability to use dream control with in a true lucid dream. You can in fact forget all about the world around you but in a sense you are still awake. You can stay upright for instance and if someone tries to get your attention you will hear them.

Dream Control

Dream Control, by Zoth

One of the best things about Lucid Dreaming is that it doesn't end once you get lucid. That is only the start of the adventure. Dream control refers to the act of manipulating the dream in its most varied aspects. From creating objects, to experiencing flight, summoning creatures or even teleporting to the top of the Empire State building, the options are limitless. Dream control can dictate your lucid dreaming experiences, thus being a tool that every lucid dreamer uses and hones. What's worth mentioning is that dream control while lucid is quite different from how we perceive it in non-lucid dreams. If you don't know you are dreaming and are completely submersed in the plot thinking it is reality, it's not surprising to see you doing things like winning battles against 10 guys, or flying, or exhibiting super powers. On the other hand, knowing that you are inside a dream gives you an automatic degree of control. Control is the product of lucidity. Let's view this principle in an example: "I'm walking down a street, and I pass through several shops and people while talking to a friend of mine dressed in a bear suit. Suddenly, I become suspicious about his weird figure, and this results in me achieving lucidity. I look around trying to figure out where I am. Since I'm lucid, I can do whatever I want, so I decide to ignore my friend and just enter in a shop that sells ice cream. The man offers me a chocolate one, but I'm curious to see what will happen if I ask him for an exotic flavor, so I tell him I want lizard flavor."

As seen above, the sole act of being lucid provides the dreamer a minimal degree of control. He is no longer constrained by the plot and dream content, and he expresses this by ignoring his friend. The dreamer also realizes that since he's in a lucid dream, he can do whatever he wants, so he can choose to deviate from the previous situation of walking around through the city, and instead enter in a shop, changing both the scenario and the context.

How does Dream Control work?

Most dreamers gather some insight regarding Dream Control even before achieving lucidity. The famous example is when you spot a person in the distance while you're walking through the city at night. Your first thought may be "it's a thief!",though many people tend to expect meeting someone familiar. Then, that person turns out to be exactly who you were expecting it to be. Why is this? The answer is simple: expectation. When you expect something to happen in a dream,there's a big chance that it will happen. This is particularly evident when beginners become lucid for the first few times, and can't do certain things like flying, or making something appear. Expecting something to happen will conduct your emotions towards the event, which makes the dream content much more likely to transform into what you're expecting to see. Fear to get get caught stealing from a shop, and maybe you'll find the seller running after you. Hope to spot a friend, and someone around you will show up and reveal himself as such.

Expectations can be the product of several things:

- Emotions - A good example of how emotions can dictate your expectations is fear: it's a very common emotion experienced when you're not quite used to lucidity. If you fear that you will fall if you start flying, it's probable that it will happen. On the other hand, being calm tends to result in better dream control, since your emotional state is less likely to interfere with your intention.
- Memory - Even in a lucid dream, memory might not be perfect. Some people actually cannot recall recent events prior to going to bed, which makes them wonder if they are really asleep. This is a natural barrier to Dream Control, since if you can't successfully understand that you are indeed dreaming, you are less likely to try out radical things like jumping off of buildings in order to fly, invocation, etc. Exercises that help you recall your lucid goals are good for Dream Control, because as you remember to perform them, you will be more focused on the task at hand.
- Mental Schemas - We all work under patterns. We are used to see the police with guns, but not priests. We know that our friends are friendly, but a criminal that escaped from jail should be dealt with caution. The point is, as we live, we get used to certain patterns and perspectives that allow us to interact with the world without much problem, thanks to our Mental Schemas. In one hand, they can limit your Dream Control if you cannot get rid of the thought that a celebrity has no interest in talking to you, but they can also help you realize that if you're near your school, it should be easy to find some friend of yours. Thinking about how the world usually works can be a powerful tool when it comes to influencing your expectations.

Performing Dream Control

It is often said that every dreamer has his/her own way of manipulating their dreams. This is quite true – your own personal identity influences the way you choose to achieve a certain goal, whether it's reaching the top of a mountain, or finding a necklace made of gold. Throughout the years, members of the ever-growing lucid dreaming community have the shared and developed popular ways of manipulating dream content. Let's review some of them:

Making use of Justification

Basically, the way justification works is that there's always a reason. If there isn't, then make up an excuse. If you're trying to invoke an object like the keys for the Ferrari standing right in front of you, convince yourself instead that the owner probably didn't lock the car. If he did, he must have dropped the keys nearby so look around! If you still can't find them, then check your pockets: maybe the car was lent to you and they're right there. This also works for finding someone. If you're in the city trying to find a celebrity you love, then enter somewhere and expect it to be there...after all, that celebrity is just visiting town today, big coincidence huh? What about that dragon you want to fight

so badly? Well, maybe you are in some kind of video game reality so it makes total sense for one to show up.

The power of technology

Modern society has become so used to technology that we are no longer surprised when new innovations are produced. From telephones to televisions, fridges, cars, guns...inventions keep coming. Things once thought were impossible now show up at any moment. This is a great tool for Dream Control, especially since technology doesn't need to exist in waking life to exist in dreams. You know those machines present in the matrix movie? Or the sci-fi gadgets? This means you can fly with your own iron man suit, or use a teleportation machine to travel to another time or universe, something which many lucid dreamers already do.

Another option is to make use of dream characters. You could get some scientist to give you a potion that gives you superhuman strength, or calling the Hulk to help you reach your destination with style and speed. Learning tricks and powers from dream characters is another popular practice, because it adds realism and increases your expectations of achieving those skills.

Magic and other languages of command

Words are power, especially in a lucid dream. Sometimes yelling "increase vividness" to the dream can provide amazing results. This communication with a non-specific entity works because you're associating a certain characteristic or rule with the dream reality. Justification also helps here: imagine you are in a sandbox game whose commands are given by shouting specific sentences, like "Dream, create object RED CAR" or "Dream, change scenario to "Alien planet". Magic is quite a famous language of command, perhaps because we are so used to hear about exotic words providing exotic results. Inspiration in here can come from the simplest places, like books (Harry Potter, Eragon to mention two examples), movies, or once again, can be created by you. For example, if you learn to associate the word Omega to the creation of a blue shield that makes you immune to any form of aggression, chances are that you will create a powerful expectation that it will work in a dream. The more powerful and unique the association is, the better chances of it working all the time.

Travelling through the Wormhole

In a lucid dream, anywhere is just one step away...

Even when lucid, many dreamers tend to use material means to reach a destination, even when there is no material concept to make use of! There isn't a concept of space (or time for that matter) in a dream, since it's all a mental projection with no boundaries, rules, elements or any type of characteristic set in stone. Places you visit may show up again later in a completely different context, with different details, or in a different timeline. Although moving to another place might require some steps, remember that you're always in the same place all the time. In order to build expectations though, some of these mechanisms tend to facilitate the process of travelling around the world:

- Doors - behind a door is anything you can imagine. The fact that we expect to reach another place when opening a door makes this a very useful tool to arrive at a new destination. Sometimes it may not be exactly where you want, but you can always close it and re-open it until the desired scenario shows up.
- Elevators - elevators have the advantage of having buttons, and hopefully, loads of them. This is not only useful to quickly reach many destinations, but also for revisiting a certain place. If you decide to connect the "Dragon Planet" to the "floor" 6, then chances are that you will create a strong association that will serve you well in the future when you want to go there again.
- Mirrors - mirrors can work like doors in terms of transportation, but they possess a more special utility: transformation! That's right, you can use a mirror to act like you're redesigning yourself. You can change clothes, gender, grow limbs, or even do a full transformation.
- Turning around and spinning - turning around while expecting something to show up behind you (like the dream character you want to meet, or a big object), is a great way to make use of the ephemeral nature of the dream world. Spinning on the other hand, is not only useful for making the dream more stable, but also for teleportation: simply spin around and by the time you stop, chances are, a new dreamscape will appear in front of your eyes.

It all comes down to Expectation

Regardless of any of these techniques (or any other you might encounter or develop), Dream Control always comes down to the importance of expectations. That's why some people can simply make big objects show up in a blink of an eye, while others manage to perform great feats like visiting outer space right in their first lucid dream. There are no specifics when it comes to a certain action: what might work for one dreamer might not work for another. A person whose flight experience may be from watching Superman might result in a completely different Dream Control from a person who is a professional pilot instead. Working with your experiences is a great way of succeeding at control.

Failing at Dream Control

Every once in a while, Dream Control may fail or produce results that don't quite match your interest. This is not necessarily the result of a lack of skill. It is important to understand that even while lucid, the subconscious mind that is creating the dream can influence the outcome as well. Dream Control can certainly be improved with a continuous practice. This means that a dreamer who is accustomed to flying will start to do so without without much effort, even if once in a while he may find him/herself striking through the air at a different speed than intended. Still, why does Dream Control fail sometimes? One reason might be because you are not lucid enough. Picture this situation: if you know you are dreaming but still move out of the road to not get hit by a car, perhaps it's not odd at all that you fail when you try to go through a wall or a solid object. In another example, if the dream is dark and you react by trying to go outside searching for sun light, then it's no surprise that have trouble changing the weather or even conjuring a fire ball. That's why increasing lucidity is

such an important step when it comes to interacting with the dream world: you must work to continuously shatter the notion that the dreaming reality obeys the same set of rules as the waking one. This is not an easy task, which is why Dream Control is not static, but instead tends to improve over time. However, you must also have experiences that allow you to make this realization.

Do not over think it

If you happen to fail at something such as lifting an object with telekinesis, the best approach is not worrying about it. Associating negative responses with a dream action only leads to stress whenever you try it again. So the door doesn't open? Use the window. The dream character doesn't show up? Grab a telephone and call her asking where she is. There's always a way around it. Some dreamers even prefer to leave it alone and try again in another lucid, which is a wise way of not wasting your entire dream on a single purpose.

Another thing you want to be careful with is excuses—internal excuses like "maybe I just can't do this" or "I'm still a beginner"—making you feel bad that the problem lies in you. So whenever you fail at something, try to think along the lines of "It's okay, I'm just not focused enough this time" or "I'll just try again, otherwise I'll do something else". Basically, convince yourself that the failure has nothing to do with your skill, but some other factor that can be easily solved. Dream Control is an affirmation in all the uncertainty of an ever-changing reality. Don't wait for it to come to you, go ahead and grab it.

Dream Control: the complete tutorial , by Billybob

Ever wanted to control your lucid dreams effortlessly and without having to worry about "accidentally" failing when you come apon a giant tirantula or something of the likes?
Well have no fear! Read on and you'll learn the two basic methods of controlling your lucid dreams. You'll also learn the ups and the downs of each way and get in-depth explanations and examples of each. Because being a god is alot easier when you know how

Ok. First you have to understand what I mean when I say "theres two ways of controlling your dreams". It's pretty simple actually, first of all theres Forced Control, and secondly Passive Control. How are these different you ask? Well, (to make things a bit more simple)

Forced Control:

- Aggressive impartation of will
- Upside: Complete and total control
- Downside: Loss of vividness/"concreteness" of dream.

Forced control is exactly what it sounds like, it can be best described as just exerting the whole of your will apon your dream. When you use this method of control your actually taking yourself a bit out of the dream and manipulating it then re-entering (I tell you this because you should know that this

does actually make your dream very unstable). Most people find it hard to simply say: "_____ will happen" and actually have something happen.
This is because they're doing it wrong. They don't yet understand the nature of the dream that they're in. Here's what you have to know about your dreams before you can use this method: Ok, some of you may remember this, its an edited version of something I had in a previous post (note: edited extensively, the picture is pretty much the only "unchanged thing)

To help you understand the principles behind this, I'll start with this picture of a bathroom, I want you to imagine yourself standing inside of it: Now that you've imagined yourself standing in this bathroom, begin to think about where you are. If you just came out of a hotel into this bathroom then your in a hotel right? Wrong... you see, in a dream you never really move, unless your expecting something to happen, it doesn't. If you were to walk out the door of that bathroom who says your going to end up in the hotel room you just walked out of? Your subconscious does. It says: "I just walked into this room from the hotel so I go to the hotel again" therefore you would walk right into the hotel due to the expectation brought on from real life.

If this really was real life then there's no chance you could walk out of the bathroom and end up on a beach in Hawaii, but this is a dream, and dreams don't happen in places, so there would be no difference in you walking out into the hotel then there would be in you walking out into the water on a beach. yes, this is impossible in real life but you aren't in real life, your in a dream, the dream has no restraints, you don't have to spin to teleport, you don't have to move to fly, you don't have to exert any power whatsoever into any of the actions you do, because you aren't doing it, you just "are"

now back to the bathroom, why should that water faucet be there at all? why should the ground be there, why should there be walls there? the simple answer is that none of that really exists, its an illusion brought on by your brain to keep your mind busy while it makes repairs on your body, a dream is the farthest thing from a constant environment, its just memories of different experiences put together to create a pseudo reality for your mind to play in, normally in a dream most things are constants, but once the conscious mind wakes up you can begin to realize that nothing is what it seems. If you were to grab that flower on the sink and smell it, what would it smell like? your first thought is it would smell like a flower, when in reality it wouldn't smell because there is no flower, thus you could make it smell like anything you wanted to just by barely thinking say, "wet dog" and activating your minds experiences of what wet dog smells like rather than what flower smells like, you would be smelling a wet dog. Now put that flower down and touch the sink, think its going to be smooth? again the sink doesn't exist, until you touch it it has no previous experiences activated saying what its going to feel like, its just an optical illusion, so if you were to touch it expecting it to feel like bread, it would be bread, it may still look like a rock but it will conform and feel exactly like bread

with this in mind you can begin to see that a dream is non existent, all that exists within it is your consciousness, without you the dream is nothing, it isn't some other plane of existence you visit, its

not anything, the dream is you and your experiences, it exists only for you and by you, nothing can visit and take it over without taking "you" over (evil spirits some see)
If you see a giant 500 ft beast ravaging a town just remember that that beast is only what you make it, if you wanted it that beast could be a small poodle, or a loaf of bread maybe, perhaps even a sheet of Saran wrap, its what you want, and that alone

What you just read is the essence of the forced control technique. Every time you want something to happen just remember what your dream really is, and you'll find that you can easily do absolutely anything you want by simply changing whatever it is you want changed.

In-Depth Look At This Method: Forcing control is something that should only be done when 100% necessary. Awhile back this was all I did to control my dreams, I felt that it was the only thing I'd ever need.
Soon I began to notice my dreams were less vivid, They started getting shorter, and shorter, and then even shorter. It got to the point that the second I got into the dream it would end without notice. The reason that happened was because I had taken myself out of my dreams. I began to see them as fragile pieces of putty that I could re-arrange at will any time I felt the need. Though this is true, you should never get to that point, what happens is that you say: "darn, I hope I don't wake up" and guess what? nothing you do after that second will stop you from waking.
("darn, I hope I don't wake up every time I enter an LD!")

Use this sparingly (only use it to get out of horrific situations), it really takes away the "realness" that you experience in your dreams. Sometimes you just have to set back and enjoy the illusion (and all that comes with it).

Passive Control:
Working with the environment
Upside: Dreams much more stable; Much more realistic
Downside: Control less "direct" than Forced controlling; some things impossible to control

If you just read the forced section then you'll be happy to know that this is much shorter and easier to comprehend .

Passive control is much more natural than its forced cousin. It involves guile and cunning to get around the obstacles that you may encounter in your lucid wonderings. The principal is simple: find a way to work with the laws your dream already has to get what you want. Don't ever warp reality (unless you use some magical device that you happen to find). What I mean by "warp reality" is don't ever do something and tell yourself "I can do it because this is just a dream"

View your dream as a whole other plain of consciousness.
Not as a "I'm leaving my body and astral traveling" plain, but as what it is. The level of dreams. The place you go to every night when you close your eyes. It does exist (even if only because you on some level make it exist) and even though your subconscious is the thing thats making everything around you, who cares? Its still here, and you don't have to keep thinking about it for it to remain.
It's a world as real as the world your in now (when its here).
Just look at it like that.

Ok heres some examples of "naturally"/"passively" controlling your dream:

- I'm standing in my house but yet I REALLY want to be having sex with my crush right now. What do I do?
- Ok, this is pretty simple. close your front door for a second. Now think up a reason why your crush would come to your house (lets say, she/he was wondering if you had some sugar).
- Now act like that scenario (him/her is coming to get some sugar) is happening right this second.
- Open the door. Guess what? he/she's standing there with a cup in his/her hand!

.

- I'm in the middle of a field and really want to fly over it. How can I do this and still be within the bounds of reality?
- Think about this for a second. Whats the most believable thing that you would attribute to being able to fly? radiation? Realize that that field of roses is actually an old A-bomb testing ground. Maybe you would be more likely believe that aliens left a pill that makes the user experience antigravity? theres one on the ground beside you (oh look! even a glass of water).

Don't make things appear, think up reasons why they should be there (aliens thought roses were cool awhile back, dropped pill. etc etc) Ok a couple more examples for good measure:

- How do I turn into a wolf?
- Your a werewolf.

.

- How do I make a building disappear?
- look away, look back. WHOA! God just decided that he didn't like that buildings roof.

The trick is to make it something that you believe will work. Always keep in mind that dreams aren't perfectly like real life, you can get away with alot more than you could probably imagine (without forcing anything at all)

In-Depth Look At This Method: Though while reading this you may ask: "Why don't I just force everything? seems alot easier", I can tell you from first hand experience two things: When you passively control your surroundings the results are alot more believable (when you force stuff the results seem very fake) and When you passively affect your dreams they have alot more meaning. You get to fully experience them in the way they were meant to be (and you can really feel the difference on every level) Passiveness doesn't affect your dreams stability, it doesn't make them shorter, they aren't less vivid, and they're just all around 100x more fun. None of that can be said for Forcing control.

...So there it is, the two methods of controlling your dreams. You should know that these can be used together, just will the jetpack that you need for flying into existence and fly away, I warn you though, that jetpack willage will still adversely effect your dream. I advise against it

Summary: Only Force control when you have to, I only told you about it because sometimes its better to lose your dream than to remain in it. Use passive control techniques freely, they only add to your dream experience.

The Nature of Dream Control, by The Cusp

I believe there are but two simple rules that govern and dictate the shape every single aspect of dreaming. I believe this holds the key to the true nature of dream control, and that understanding it leads to much more frequent lucid dreams as well. I'm also beginning to suspect that **this rule applies to the waking world as well**, and that the dream control skills mastered through understanding of this concept can be used to influence the waking world. I expect this to be demonstratable, not as a physical proof, but as something that can be experienced.

- ➔ 1. Everything in your dreams requires your attention to exist.
- ➔ 2. The more attention you give to one element, the more detail it creates in relation to what you are focused on.

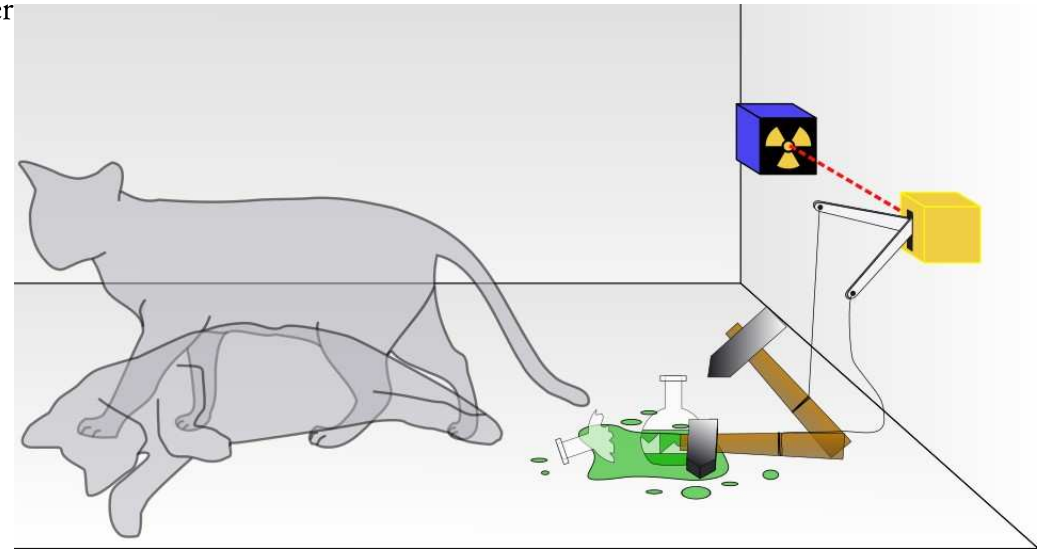
It sounds overly simple, but the implications are infinitely complex. Every single dream unfolds according to those two rules without exception. This isn't anything new, but something you've been doing all along without being aware of it. It may not be clear at first, but like one of those hidden pictures you have to look at cross eyed, it eventually jumps out at you. You just have to learn how to see it. I have a lot to say on this subject, and hardly know where to begin. I'll be making a series of posts where I try to expand on various aspects and applications, many of which may have small exercises, tasks or questions. I'll of course try to answer any questions in the meantime. Either this will completely change the way you dream, or I'm completely nuts. I'm anxious to find out which, so feedback and participation will be greatly appreciated. I want to note that strong emotions have an overwhelming role in shaping dreams, much like a colored lens. Emotions are still something you pay attention to, but their effects are so dramatic I feel they deserve a special mention.

1. Everything in your dreams requires your attention to exist.

While this may seem obvious, it's still one of the most basic principles of dreaming. The only things that exist in a dream are things that you are aware of. It's not complete world that you wander around in and explore. As soon as you stop paying attention to something and forget about it, it ceases to exist. If you are in a closed room and can't see the outside, then the outside doesn't exist. When you open to door to go outside, it could lead anywhere, into space or hell or the city of the mole people. The point is, nothing exists in your dreams until you become aware of it. Much like Schrodinger's Cat.

[In quantum mechanics, Schrödinger's cat is a thought experiment concerning quantum superposition. In the thought experiment, a hypothetical cat inside a closed box may be considered to be simultaneously both alive and dead while it is unobserved, as a result of its fate being linked to a random subatomic event that may or may not occur. This experiment, viewed this way, is described as a paradox. This thought experiment was devised by physicist Erwin Schrödinger in 1935,[1] in a

discussion with Albert Einstein,[2] to illustrate what Schrödinger saw as the problems of Niels Bohr and Werner



Heisenberg's philosophical views on quantum mechanics.

Schrödinger's cat: a cat, a flask of poison, and a radioactive source connected to a Geiger counter are placed in a sealed box. As illustrated, the quantum description uses a superposition of an alive cat and one that has died.

In Schrödinger's original formulation, a cat, a flask of poison, and a radioactive source are placed in a sealed box. If an internal radiation monitor such as a Geiger counter detects radioactivity (a single atom decaying), the flask is shattered, releasing the poison, which kills the cat. If no decaying atom triggers the monitor, the cat remains alive. Mathematically, the wave function that describes the contents of the box is a combination, or quantum superposition, of these two possibilities. Yet, when one looks in the box, one sees the cat either alive or dead, not both alive and dead. This poses the question of when exactly quantum superposition ends and reality resolves into one possibility or the other.]

This can be a useful tool I've used effectively in the past to deal enemies while lucid. If you don't pay something any attention, it will cease to exist. Kind of like when your parents told you as a kid to just ignore whoever is bothering you (I hate it when they're right!). The skill to be learned here is to learn what things you pay attention to. Ask different people who walked down the same street what they saw, and a bird watcher would tell you about the rare wood pecker he saw, a child would tell you about the playground they passed, your wife would tell you about those shoes on sale, and I would tell you about that girl in the short skirt. What are the things that captivate your attention, and how do these things make you feel? How do they affect your life? Some things you pay attention to are beneficial, and some are detrimental. If you are prone to only noticing the bad in people, then interacting with people is going to be a pain in the ass. If you focus more on the good in people, then it can be a rewarding experience. You have to learn to selectively ignore the things that don't do you any good, and focus on those things that accomplish your goals. During a dream, the effects of doing so are quite drastic, but practicing this while awake will have echoed results in your dreams, as well as be beneficial to you on several levels in RL.

2. The more attention you give to one element, the more detail it creates in relation to what you are focused on.

The first rule determines the content of your dreams, this one determines how much of that content is going to be in you dreams.

The key to using this rule to your advantage is balance. Too much attention can pull you in like a black hole, creating a universe of detail which can also captivate your attention, further aggravating the situation. On the other hand, if you don't pay elements in your dreams enough attention, they become unstable in accordance with the first rule of dreaming, that things need your attention to exist. There are many "traps" in dreaming that capture your attention, distracting you with unnecessary detail. A good example is a tooth dream. You notice something wrong with your teeth, take a closer look, and then find more things wrong with them the more you look. This is something you don't want to get trapped in, but this kind of extreme can be used to your advantage. By focusing more on the positive and useful elements you will overwrite the dream scene with new detail. The degree of change depends on what you focus on (first rule) and how much you focus (second rule). Let's take a closer look at the second half of this rule now. The more attention you give to one element, the more detail it creates in relation to what you are focused on. Initially I thought there would be a great many things vying for your attention which had a culmulative effect on shaping the dream. But in practice there were very few main elements, and the links between them were very straightforward. The detail that arises from your increased attention or focus is formed by mental associations in your mind in relation to the element of your focus. These mental associations can take many forms, some direct, some abstract, like associated memories tied to a place or object. But this doesn't mean you have to settle for random associations. There are always unlimited ways to zoom your focus, even when there are relatively few elements to choose from. Say you were to focus on a

physical object. You could focus on what it is, what it's used for. You could focus on it's age, history, previous owner. You could focus on it's texture or what it's made of. Or you could use it to reach related memories, perhaps ones with useful elements you could use or expand on. Try each of those perspectives while experiencing strong emotions and you can tweak the flavor of your dream even further. Each of these approaches to the same element will yield different yet reliably predictable results.

A Deeper Look at the Effect of Emotions

Again, I feel emotions deserve a special mention. I'm assuming for the moment that emotions are something that require your attention to exist as well. But I'm not too sure about that at all, and the emotional influence may turn out a third rule. Anyone have any thoughts on weather emotions are something that require your attention to exist, or whether they they are independent entities? Emotions are like a filter or like a color lens. Each emotion shapes your dreams in predictable ways, affecting both your surroundings and the behavior of DCs. Anger will cause harsh colors and sharp angles, and my cause DCs to fight or fear you. The effects of fear are obvious, painfully so in dreams. Both this Emotional technique and the the Attention technique can be used independently, or in combination with each other. Sometimes it may be better to use one technique over the other. The emotional technique won't change the physical elements as drastically as the Attention technique, but will change the look, feel and mood of the dream, as well as influence DC behavior. By practicing this you will begin to notice that DCs are puppets and you are the puppet master, only your emotions are the strings. You can influence the way DCs act, and the types of things they say, but not what they say. It's interesting to note that people in RL react the same way in the presence of strong emotions as do DCs. After the confidence and practice gained from using this in dreams, it would stand to reason that this could be used to influence people in RL as well. It seems people do this all the time anyways, but very clumsily for the most part. You must be capable of being able to summon up any emotion at will, and not let the ones that arise naturally to rule you. The benefits of positive emotions are obvious, but even the so called negative emotions have their uses. Anger can often make thing go your way. Even fear could be used to lure someone close, then you switch to a confident rage. But you would have to actually feel the fear, not feign it. And always make sure you are in control of the emotions, not the other way around. Strong emotions are best as well. So strong they radiate out from you, or perhaps vibrate would be a more appropriate term. I think this part ties into Aquanina's work with High Vibrational Frequency. This can be practiced in dreams, or in RL like a reality check. As with the previous parts, these things become more apparent in RL after you become accustomed to seeing the dramatic effect they have in dreams.

Schemas and AI

I was going to expand on Archetypes, Schemas, and Artificial Intelligenge to try to give a better understanding of the types of associations that are made when new detail is formed as a result of your attention. But it turn out Archetypes are a type of Schema, along with stereotypes, social roles, and worldviews. Of particular interest inception of the Schema concept.

The following article is from the Wikipedia entry on Schemas.

> The original concept of schemata is linked with that of reconstructive memory as proposed and demonstrated in a series of experiments by Bartlett (1932). By presenting participants with information that was unfamiliar to their cultural backgrounds and expectations and then monitoring how they recalled these different items of information (stories, etc.), Bartlett was able to establish that individuals' existing schemata and stereotypes influence not only how they interpret 'schema-foreign' new information but also how they recall the information over time. One of his most famous investigations involved asking participants to read a Native American folk tale, "The War of the Ghosts," and recall it several times up to a year later. All the participants transformed the details of the story in such a way that it reflected their cultural norms and expectations, i.e. in line with their schemata. The factors that influenced their recall were:
>
> * Omission of information that was considered irrelevant to a participant;
> * Transformation of some of the detail, or of the order in which events etc were recalled; a shift of focus and emphasis in terms of what was considered the most important aspects of the tale;
> * Rationalisation: details and aspects of the tale that would not make sense would be 'padded out' and explained in an attempt to render them comprehensible to the individual in question;
> * Cultural shifts: The content and the style of the story were altered in order to appear more coherent and appropriate in terms of the cultural background of the participant.
>
> Bartlett's work was crucially important in demonstrating that long-term memories are neither fixed nor immutable but are constantly being adjusted as our schemata evolve with experience. In a sense it supports the existentialist view that we construct our past and present in a constant process of narrative/discursive adjustment, and that much of what we 'remember' is actually confabulated (adjusted and rationalised) narrative that allows us to think of our past as a continuous and coherent string of events, even though it is probable that large sections of our memory (both episodic and semantic) are irretrievable to our conscious memory at any given time.
>
> Further work on the concept of schemas was conducted by Brewer and Treyens (1981) who demonstrated that the schema-driven expectation of the presence of an object was sometimes sufficient to trigger its erroneous recollection. An experiment was conducted where participants were requested to wait in a room identified as an academic's study and were later asked about the room's contents. A number of the participants recalled having seen books in the study whereas none were present. Brewer and Treyens concluded that the participants'

> expectations that books are present in academics' studies were enough to prevent their accurate recollection of the scenes.

For starters, lets look at the factors that influenced recall.

* Omission of information. First rule, without your attention, things can't exist
* Transformation of some of the detail; a shift of focus and emphasis in terms of what was considered the most important aspects of the tale; Again, a combination of the first and second rule, and your most powerful tool in dream control.
* Rationalisation: details and aspects of the tale that would not make sense would be 'padded out' and explained in an attempt to render them comprehensible to the individual in question; Second rule, attention creates detail.
* Cultural shifts: The content and the style of the story were altered in order to appear more coherent and appropriate in terms of the cultural background of the participant. This sounds like the effect emotions have on dreams. Is it possible different cultures have an identifying emotional state?

These factors responsible for flaws inconsistencies in long term memory just happen to be the tools of dream control! The links to memory make me wonder if dreams are really dynamic memories kept alive by our attention. And now for an Artificial Intelligence approach. A binary yes or no system may be easier to picture than fancy notions like Schemata. Consider training an artificial neural network to understand language, starting with a concept like tree. You could manually create links to words like grows, leaves, branches. Alternatively, you expose the network repeated instances of trees until it learns on it's own. Links to words like outside would be formed, but not all instances of trees would necessarily be outside, some may be indoors, so another link to indoors is formed. But the majority of trees being outside, the path to "outside" gets used more and gains weight, becomes more substantial. The more connections or paths your word has, then better the understanding your AI will have. You have to learn to travel those weighted paths or synapses without getting lost within their endless nature.

[...]

I would like some feedback on this. I could go on and on, but if nobody cares, I'll keep it to myself.

[arby: You just proved the existence of the "Somebody else's problem" (SEP) fields.]
Lol, I used the SEP analogy in relation to this subject elsewhere!

[Soldier: one thing I've had trouble with is boobs, I like your bad teeth example because that ties in with my problem. when I go to fuck a girl I take off her shirt and her tits are terrible not just small but oddly shaped, the more I'd look at them the worse they would get. I've yet to solve this problem and I think you have the answer but how do I look at the good side with them?]

The way excessive attention works is kind of like tunnel vision. You zoom in and it creates lots of related detail. I've been thinking about how to do the opposite of this, and I think it would be using Peripheral Vision. Instead of focusing one one element, try to take in as much of the scene as possible. I've yet to experiment extensively with this, but if my theory is correct, it using your peripheral vision should keep things more stable. In relation to your boob specific problem, there are many associations in your mind with the concept of "boob". They can be nasty like in you dreams, with associations like oddly shaped, wrinkly, veiny, ect. You could view it in a reproductive role, with associations such as mild, child, reproduction, ect. Or you could go with aesthetic qualities, firm, round, bouncy. Try to follow the links that take you where you want to go without taking any wrong turns. You could also pay attention to other dream elements that have similar properties as you'd like to see in your boobs. Perhaps ripe fruit, water ballons, or... uh... fluffy pillows? Try not focusing on things as a whole, but only on selective qualities that you want to amplify.

[...]

After a lot experimentation, I have some thoughts on how this works in practice. There seems to be a more general control, rather than specific control. Say I wanted to summon a monster with 6 arms, 8 eyes, purple fur, hooves and a tail. It most likely wouldn't work. But I could summon a general monster, and then tweak it's characteristics until becomes like I want. It also seems to work more reliably when you focus on your goal, but not how you accomplish it. First of all, it's really hard to know where to begin to make something happen. When you have infinite possibilities at your disposal, it's hard to pick just one. By focusing on what you want, the "how" will take care of it's self.

Back in the Real World

I've been keeping an eye out for this process in action in the waking world, and I'm beginning to see it happening more and more. I've been a little shy in practicing this type of dream control in RL, mainly because I feel bad about manipulating people like that. The other day on the bus, this woman had caught me checking out the girls on the bus. Not wanting to seem like a perv, I figured this would be a good time to reset my attention. So I focused in on the first thing I noticed, the yellow hand bars on the bus. Actually I just focused on the color yellow, zooming in my attention like I do in my dream. Immediately the yellow color became 2-3 times brighter than it was originally. After that I began to see bright yellow everywhere, where I hadn't noticed it before. People wearing yellow outside the bus, yellow on the store fronts, just everywhere. There was so much yellow around me, it no longer seemed real, but dream like. It just didn't seem possible that there would be that much yellow around, it was like a tooth dream gone bad, only I was pulled into a sea of yellow! One application of this kind of dream control over people I don't feel bad about using, is flirting. I've never been much good at that, but now it's a whole new ball game. Things like how to capture and direct a girl's attention are so much easier now. Before it was like playing a game where I didn't know the rules, now it's like a game of Calvin Ball, where I make up the rules as I go along so that things turn out in my favor.

Another application I not sure I should go through with is at work. My partner at work is hard to get along with. He wasn't in yesterday, and I worked with another guy who's partner didn't show. We were both happy to have a break from the people we work with. Now I'm wondering if I shouldn't switch partners. Using this technique, I could make it happen easily with only a few words here and there, without anyone that I was the one that made it happen. But just because I can change something doesn't mean I should. Would things really improve if I went ahead with it? Asking directly to switch partners would cause a lot of tension at work, and the boss probably wouldn't do it just to spite me. But this subtle approach to change is very tempting.

First off, I want to mention an article I came across (which I can't find at the moment) which supports my dreaming/awake link. It said that the dreaming state persists even while awake. So while you dream, you are just dreaming. But while you are awake, you are awake + dreaming. It would suggest dreaming is the totality of existence. Anyone see anything about that? I've had too many beers to find it right now. Going back to the notion that your dreams are formed by sum of your attention, where you direct your attention while dreaming has a direct influence. But there is also a residual spillover effect from where you direct your attention in the waking world. This spillover can be from the that day's events, or events deep in your past. Which raises the question "How much can you pay attention to at once?" Or what is the maximum number of things that it is possible to pay attention to? For an indirect, roundabout answer, I'd like to introduce the notion of The MonkeySphere. The following is a very entertaining article on the subject. It also sheds some light on the behavior of DCs, and how we view them.

> [Mini Man56: I'm WAY too lazy to read all that, but I saw the two rules at the top and how you think it might affect real life. In fact, I use this method a lot, and it IS a lot like dream control. If you're intrested in mastering life control, (yeah, not dream control, LIFE control) rent the movie called "The Secret." It explains EVERYTHING. Trust me, it will chande your life! Now don't think I'm crazy, I'm not saying things insta-poof like in dreams, and your still not gonna be able to fly, but just look into it.]

OK, I finally watched The Secret. I hadn't before now because I felt I knew what it was about, but I never realized how close it is to my dream theory. A lot of it echoes what I've been trying to say. They beat me to the punch! Still, I'd like to scratch a little deeper than that, or at least approach it from another angle. In this case dreaming.

> [LucidM!nds: Sounds interesting... So, basically what you're saying is
> I direct my attention to a guitar. Once I give it my attention, it exists because I'm aware of it...Then I can observe the details of the guitar... I see a red Fender Stratocaster. It's got six strings, and a mohagany fretboard with sharktooth inlays. 24 frets total, and three humbucking pickups. It's got one volume control, as well as two tone contol knobs on the bottom right side of the body. It's got a whammy bar and a black pick guard

With the description of said guitar, once could assume I covered the basics like:

- -color (red)
- -Brand (Strat)
- -Manufacturer (Fender)
- -body type (six-string, 24 frets, mohagany fretboard, sharktooth inlays)
- -accessories (whammy bar, volume and tone knobs, pick guard)

So let's say I want a Gibson instead... Here's where Schemata comes in. A Schema is simply a building block that helps build an image in your mind. So let's take "guitar"
When you think of guitar, what comes to mind?

- Amplifiers Players strings manufacturers
- -half-stack / -Angus Young / -Earnie Ball / -Fender
- -bass amp / -Jimi Page / -DR / -Ibanez
- -effects box /-Slash / -D'ajarrio / -Gibson

I wanted a gibson, bit I'm paying attention to a Fender. Using the schemea of "guitar" I can customize my guitar the way I want. I already know what a 'Gibson Les Paul' looks like, so I can change the Fender Strat's shape into that of a Gibson. Now let's say I still wanted the sharktooth inlays on my Gibson...Well, just take the inlays (and, pretty much any other desirable feature) and put them on the fretboard of the new guitar you've just made.

My new guitar: I see a gold Gibson Les Paul. It's got six strings, a mohagany fretboard with sharktooth inlays. 24 frets, and two humbucking pickpus. No whammy bar, no pick guard, and two volume and tone knobs each. Basically, the details of the object of attention are effected by the amount of information you've accumulated within your schema of said object. Does this make sense? Did I understand the subject correctly? Let me know!]

Yes LucidM!nds, I say you've got the gist of it. Although I don't know how reliable it would be for fine tuning relatively minor details such as the type of guitar in your scenario. I've been using it in a broader perspective. Like using the Mahogany of the body to create the forest the wood came from, or just using the guitar it's self to summon groupies. For instance, I recently had a dream where I was traveling through my own intestines. In the following night's dreams, I was able to use that experience to give a DC who was harassing me a major case of gut rot, effectively incapacitating him.

[...]

Like someone who thinks they saw a UFO. To them, they know it's real, but to a non believer, it's not. How about people who are undecided? It's kind of like Schrodinger's Cat. I've actually heard a theory that says the reason the government is covering up UFOs is because if the public acknowledged them it would make them more real and they could travel here easier, or something like that. (Just an example, please don't debate UFOs here)

As you can see for two simple rules, it sure gets complicated pretty fast. The Secret left a lot stuff out. I've been putting off getting into the kind of RL existence confusion above, because it's equivalent aspect in dreaming is Shared Dreaming. And the last thing I want is for this thread to be buried in the beyond dreaming section. I'm going to have to get into that eventually, but I'd like to get a few more constructive posts in on it's dreaming applications before I completely ruin this thread's credibility.

> [LucidM!nds: So instead of using the root of a cherry tree to create another cherry tree with different color fruit/leaves, you can use the root to create furniture (perhaps entire buildings) out of cherrywood?]

You could do both, but the first one sounds easier. It's more of a natural connection.

> [Wicked: I forgot to mention, this rule is often a pain in my butt, as it severely limits the speed at which I can fly. I just can't think up new landscape fast enough to keep up, and very rarely does my subconscious does this job for me. Usually I am left with limited speed (and very limited flight ceiling for that matter), although some flying techniques I've read about on this board helped me somewhat in this regard.]

I've hit that same speed barrier while flying. The problem is in order to have movement, you need to be moving in relation to something else. Once you start going fast enough, everything just becomes one big blur and you lose all sense of motion. Luckily we're not limited to linear travel in dreaming. If you really want to get somewhere, just focus on it hard enough and it will pull you in. You needn't worry about how to get there, only focus on the destination.

> [Wicked: OK, the part about schemes was clear, even though I don't see how that's relevant to LDs. But the AI part... it's like it's Chinesse.]

I was trying to show the various types of links that are made in relation to things you focus your attention on in dreams. For any object, person or concept, you attach to it a great many associations in order to define it. For whatever main elements you are fixated on in a dream, it's these associations that begin to appear in the dream. This happens weather it's a normal dream or a lucid dream.

> [anomanderis: Tonight i experimented how emotions affect the dreamscape. I was in a semi-lucid state while running through a corridor with a corner after every 5 meters or so. First I used fear: I became very fearful of what might lay ahead in the hallway. Sure enough, monsters

> started popping up (who i then dispensed with a "will projectile"). When i had enough of this and two very menacing beast-humans appeared, I changed my mood into happy. INSTANTANEOUSLY, the 2 beastmen turned into my best friends with smiles on their faces. After that I became fully lucid.]

Good stuff Anomanderis, I'm glad to see you're getting the hang of it. I had a normal dream the other night, in a grocery store where the customers were shopping peacefully. Then I started beating up this illuminati guy, and they all started rioting and looting. And that's when the werewolves showed up... Strong emotions have a humongous impact on dreams. That probably deserves it's own rule.

[...]

Thanks for all the positive feedback, I really appreciate it. It takes me so long to write out these posts (This measly post took almost 4 hours!).

Real World Applications

For the past month or so, I've been observing how these principles apply to the real world as much as they do to dreaming. But it comes with an extra layer of complexity in the waking world, namely other people. The potential each one of us has using these techniques is phenomenal, and when you consider there are billions of people influencing the world in this manner, the possibilities for conflict or resonance are mind boggling. It would seem that the waking world is just one big shared dream! So lets start off simple, with an example that happened to me today. There was a dog chained up out back of the neighbour's place where I was working. It seemed friendly and curious, so I let it come up to me and sniff me, no problems, it didn't seem a threat. Then I noticed a sign in the window that said "Beware Guard dog". The moment that sign registered in my mind and I though "Guard dog? Oh oh..." it's demeanor completely changed. It became mean, growled, and tried to bite me. It's like that sign created a link or association to the dog's corresponding behavior. I've been seeing dozens of examples of this daily.

Now to recap my three basic rules in a RL context.

1. Everything in your dreams requires your attention to exist.

I've used this rule effectively in dreams in what I would call a "banishing". Simply ignore something in dreams, put it completely out of your mind, and it will cease to exist. This type of banishing works in RL too, but people don't cease to exist, they just wander off. Completely ignoring someone is a little rude, but very effective. I've also been using this to ward off unwanted conversation topics, and it works like a charm.

2. The more attention you give to one element, the more detail it creates in relation to what you are focused on.

Carl Jung, the Anti-Freud, had a method where he would write a letter to someone and then not send it. This would invariably result in his target sending him a letter in response to what he had written, even though he never sent it. He was also the one to coin the term "synchronicity", which I believe is a fantastic example of this rule in action. I have countless examples of this principle in action, as with the incident with the dog I detailed above. There are so many possibilities here, it's almost impossible to properly explain how it works. Thus far, I've broken this section down into two schools of practice.

- A) Achieving specific goals: This is basically what the movie "The Secret" is about. I can't really give specifics on how to do this, as each individual had their own set of associations created through a lifetime of experience. Learning what the main influential associations are to you through dreaming will help you apply this to the real world.
- B) Eliminating negative thought patterns: This has been the main focus of my efforts lately. Instead of dwelling on the negative aspects of my life, I do my best to ignore them. According to the first rule, they disappear and cease to create bad situations in accordance with this second rule.

The old saying "The straw that broke the camel's back" applies here. By not dwelling on the things that get on your nerves, you don't get that build up of straw that weighs you down. Basically, this involves gaining control of your random thoughts that arise during the day, by either consciously directing them, or just putting a stop to the negative ones (which is so hard to do!). Most people arrogantly assume they are in complete control of their thought process, but this couldn't be farther from the truth.

3. Strong emotions have a devastating effect on everything around you.

I've decided to include emotion as a separate rule. I'll come up with a better way to sum it up eventually, but that's pretty much the gist of it for now. Just look at how you react in the presence of people exhibiting strong emotions, or how other people react to your own strong emotions. Do most people really have a choice in how they react to these emotions? It's like there are unwritten social rules on how we are supposed to react. Even when you think you're masking or hiding your emotions, they still influence people's behavior. One might think that people are responding to subtle body language, but that's not the case. Now I'm a recovering rageaholic, and I've had a few instances where I was in a room alone and foul mood took ahold of me despite my best efforts. The people in other rooms invariably begin to curse loudly, as if in response to my foul mood. This is the kind of thing dream characters are prone to doing.

Overview

I've had about 6-7 months or so of exploring this in my dreams, but have only been working on the real world applications for about a month. The more I look into it, the more the real world behave

like a dream. And of course you know the first thing most people do once they realize they are dreaming is to have lucid sex. Well, I'm no different. I'm realizing the world is my oyster, or at least a bearded clam. I've been using these principles to get women like you wouldn't believe. The thing is, the type of women that are attracted into my life seem to be influenced by the porn that I watch (Not that I'm complaining!). The real test will come tomrrow when I ask out the girl I'm totally in love with. According to my theory, it should go well, since she's been constantly on my mind. Now the RL applilcations open up a lot of possibilities for control, but with all the people in the world, there are bound to be people with a will opposed to yours. What happens when two people try to manifest opposing intents? Even in a RL scenario, this brings us into the realm of shared dreaming, which is where I learned all about this.

You don't think I came up with this all by myself do you? Nope, I discovered this after making a challenge in the "Night Stalkers, Dream Walker" thread here. The very reason I think these were shared dream was the mastery these visitors had over attention. A lot of those Night Stalker dreams never make it into my dream journal because they are so difficult to describe. I've been loathe to mention it thus far, lest it undermine the points I'm trying to get across. I do have much more to go into, I just need to find a way to broach the subject properly, plus I have so much to experiment with, I just don't have enough time.

> [anomanderis: Tonight i experimented how emotions affect the dreamscape. I was in a semi-lucid state while running through a corridor with a corner after every 5 meters or so. After that I became fully lucid.]

Actually, exploring this seems to induce semi lucid states. I've had dozens of related dreams that I wouldn't exatly call lucid, but seem to be experimenting with these concepts.

> [anomanderis: Woul you be willing to say, the Cusp, that both the physical world and dream world abide by the same basic rules? Only that in the dream world we are godlike.]

I'd say we are just as godlike in the real world as in dreams. The only difference is that in dreams, there is nobody else to interfere with your will. In RL, there are billions of other godlike people as well. So if you wanted to fly, there are billions of other people who say "No, you can't do that.", thus making it impossible for you to do so. You're just outnumbered.

> [Tommo: At first I found this very interesting and then had to skip through the last few posts. Applying some of this to real life just DOESN'T WORK. Some of you were saying, if everybody in the world doesn't focus on one thing then it doesn't exist. That's complete stupidity. Sorry, but this world is not a dream, it is not created by our minds. When people talk about us creating our own world (people meaning scientists and philosophers and not crazy 'the secret' people) they are talking about what Cusp was saying in his initial posts; like how he focused on yellow and so later he started noticing everything else that was yellow. You aren't actually MAKING more yellow, just SEEING more yellow. The Secret talks about all

> this bs positive energy that influences every living thing. With the dog getting angry, they are very good at sensing emotion, that's why they are such good companions, they are basically empathetic organisms. The second you felt scared of the dog, you would have sub consciously taken a threatening pose or showed some signs of distress, which the dog would take as a threat or become scared. This topic started out scientifically, if it's going to take a turn for the paranormal, let me know so I can back out now.]

Tommo, all I can say is you have to learn to see this happening in dreams before you can see in in RL.

> [anomanderis: I also thought about that, but I think its a bit far fetched to believe that if there were no other humans (assuming we are the only intelligent race in the universe, which is far fetched in itself) we'd be able to manipulate physical reality as we wished. Although, certainly, the mental conditioning of you-can't-do that we have been fracked with since birth, is a bit of a bother.... I don't argue with all facets of the godlike aspect, just the power issue. A bit more work is required than just falling asleep and becoming lucid...]

Mankind has always manipulated physical reality as we've pleased. It needn't be through mental super powers, but can come about from science and technology. Any technologically advance people would seem like gods to primitive people. The development of science could be said to follow these rules as well. Paying attention to a problem or question until you begin to uncover related detail.

> [anomanderis: 1) Why couldn't I phase through him? Was it because I was focusing too much on his body, thus making it more "solid"? I though about this after waking up and I think i did focus too much on the body. When I phase through walls, i never focus on the walls themselves, but beyond them.]

Perhaps you were focused too much on your opponents and not enough on your goal of getting to the other side? Like they say, "Keep your eye on the prize".

> [Jonathan: Also, that Carl Jung "letters" is very interesting, can you provide a link or tell me more about it?]

Actually, I can't find a link to that at the moment. Letter writing being the main form of communication at the time, a search for "Jung" and "Letters" brings up a ton of other letters, mostly between him and Freud.

Trying to find it, I kept coming across terms like "causal" and "acausal", which would seem to fit, but I'll need to research it more in depth, which will take some time. Here's another example from Jung in the meantime:

> *"A young woman I was treating had, at a critical moment, a dream in which she was given a golden scarab. While she was telling me this dream I sat with my back to the closed window. Suddenly I heard a noise behind me, like a gentle tapping. I turned round and saw a flying insect knocking against the window-pane from outside. I opened the window and caught the creature in the air as it flew in. It was the nearest analogy to a golden scarab that one finds in our latitudes, a scarabaeid beetle, the common rose-chafer (Cetonia aurata), which contrary to its usual habits had evidently felt an urge to get into a dark room at this particular moment."* [The Collected Works of Carl Jung, Volume 8, page 843]

ANother incident where he was walking in the woods with a woman who was telling him a dream she had about a fox. Just then a fox appeared on the path ahead of them and walked ahead of them for a few minutes.

[...]

Synchronicity

I've spent the last two day reading up on Jung and synchronicity, and I have to relate what happened at work today. I hear my partner yelling and making a big commotion, so I go to see what's going on and find him holding a threaded bolt he found in a closet. He fixes up old lawn tractors, and it just so happens he needed a particular kind of bolt to fix one up the day before, so he had to make a special trip to the store just for that specific bolt. Then today as he's sweeping out a closet in an empty apartment, he finds that exact bolt. He went on about what a coincidence it was for about half an hour, but he is prone to rambling. He insisted over and over he was telling the truth and that he wasn't making it up, and took the bolt home because he said his brother would never believe him. It was such an odd size he no longer had any use for it. It was synchronistic for him because of the bolt, but also for me because I've spent the last two days reading up on synchronicity in preparation to write this. To have someone discover and be blown away by synchronicity before my very eyes was pretty freaky to say the least.

Jung's Views on Synchronicity

Jung explained synch as two or more seemingly unrelated events that create a meaningful coincidence, that do no follow any apparent cause and effect connection. He called this the "acausal connecting principle". Modern psychology regards this as appophenia, the tendency of the mind to find or create meaning where there is none. Jung held the belief that these coincidences held some kind of meaning or messages that could be interpreted through associated archetypes. The problem is which archetype to choose, which is often seen as the random whims of the analyst of patient.

Rule Number 2

Jung certainly identified synchronicity and even learned to use it somewhat, but he never truly understood how it worked. I say synchronistic events but not acausal, but are related by a very distinct cause and effect relationship. But cause and effect implies a rule, doesn't it?

2. The more attention you give to one element, the more detail it creates in relation to what you are focused on.
This describes what happens with synchronicity perfectly. Rampant synchronicity in dreams is the rule rather than the exception. Going through your DJ will yield glaring examples. But other than the influence of emotions, this is the totality of creation in dreaming. Beside the obvious examples, there are also many more subtle layers at work that become clearer once you are used to seeing them. I'm going to steer this topic back into dreaming in my next posts. I suppose I'm going to have to get into the secret origins story of where I came up with all this.

[...]

I'd like to thank everyone for their contributions. I was expecting a lot hate from this thread, but instead it's producing some interesting discussion.

> [tommo: This synchronism thing is, I believe, (I'll use your example and one of mine for the sake of the argument), either pure coincidence or as in your co-worker's case the fact that he had been focusing on that particular bolt made him recognise it.]

It wasn't that he recognized the bolt, it's the fact that it was there at all. He found it in a completely empty apartment, where the bolt was the only thing on the floor. Plus it was such an odd size, with a very fine thread, that the odds of it having been there were astronomical.

> [tommo: Do you think there are two different types of control? One just more subconscious, like put your hand out and shoot a fireball without even thinking about it, and another more thinking about how to overcome an obstacle and everything that goes into it, like 'how could I shoot a fireball?' 'Imagine a flame in my hands, what does a flame look like, ok the flame won't harm my hand but only my enemies' etc. etc.]

Yeah, but that second kind of control where you think about it is totally unreliable.

> [anomanderis: I've noticed something alike. When I am semi-lucid (I know I am dreaming, but haven't really realized it), I am much more powerful in a fight. While being fully lucid, i think my conscious mind (for the moment, at least) doesn't really believe (or maybe my focus is off. Now that I think about it, my semi-lucid and fully-lucid, my focus has been different...) I can do these things. My subC has no problems with phasing through enemy attacks...]

Now that you mention it, I do much better in battles when I'm semi lucid as well. Strange, I would have thought it would be the other way around.

> [Fenghuang: Well, this just points out the fact that there is another part of the brain at work, not the conscious or the subconscious but memory which is holding the image of the shack in the back of your mind, making the subconscious just assume that the object is still there as you know it to be, even if you aren't consciously looking at it. Even if you did look back and it had lost detail you wouldn't realize as you would just be looking at as much of the object as you remembered being there. It is a matter of whether your mind considers the object in question to be of enough importance to keep and if not that is when the object would cease to exist.]

That's an interesting point, which may even explain how we are able to remember our dreams. To use a computer analogy, lets look at data recovery. When you delete something from your hard drive, it doesn't actually erase all the ones and zeroes, but changes the pointer pointing to that particular block of memory from "used" to "unused". The data is still there until it gets overwritten by something new. I suspect something similar occurs when trying to remember a dream. Some question that come to mind are "how much can this type of memory hold?" and "How far back in time does it go?"

> [Fenghuang: Could u explain the relationship between synchronicity and dreaming in more detail because i don't understand yet.]

Synchronicity is a product of the second rule, where you focus your attention creates related detail. Simply put, it's one of the predominant aspects that shapes your dreams. The most noticeable ones are when the association between two events or objects are clear and relatively close together in time (ie focusing on your tooth defects in a dream will yield more of those defects). But you have to understand there are also synchronicities at work that are not as clear. These may be from things lingering in your mind from days, weeks, months or even years ago.

> [Tommo: Fenghuang assumptive manipulation - faith manipulation - conscious manipulation.]

I like that classification of manipulations. I would say the first two are more reliable. Conscious manipulation, for me at least, unfolds more like a scientific experiment, in that it allows room for failure.

[...]

Fully Lucid VS. Semi Lucid

That's quite the inconsistency we have here, in that semi-lucids seem to offer better control than full lucids. Since it's awareness of being in a dream that lends you control, it would be reasonable to assume that the better the awareness, the better the control. That just doesn't seem to be the case. My only explanation is that we (myself included) are scatter brained victims of the digital age. Technology has conditioned us to the point where we can barely focus on anything for any length of time. That and our modern culture has no place for the ancient traditions of meditation and disciplines of the mind. The majority of religions have time tested methods and techniques to school and train the mind. To counteract this seeming lack of control, I would advise some form of meditation of mental training. I'd recommend reading Carlos Castaneda's books, as they deal predominantly with attention. But any type of meditative practice would be sure to help.

> [Fenghuang: So the fear was started by my sub-conscious but then held onto by the conscious, this was then temporarily avoided by not dwelling on it using the Attention Technique and then defeated with another emotion bravery/peace/confidence. This leads me to believe that Emotion is, somewhat, a separate entity, as I find it is not something that you can directly control, but it can be manipulated by concentrating on things that lead to an apposing emotion.]

I'm impressed, that was some good use of the attention technique and the emotional technique. I still think emotions can be controlled, it's just not something most people are used to doing. Either you control your emotions, or they control you. The tricky part about controlling emotions, especially in dreams, is that it's kind of a chicken and the egg scenario. On the one hand, you have whatever dream element is causing the emotion, but on the other hand, those dream elements are reacting in response to your emotions. It can be very difficult to separate one from the other. Here's a lucid where I first discovered and experimented with the effect of emotions in dreams.

Fri Sept 22, 2006

A Study in Emotion

Clarity: 10/10
Importance: 10/10
I'm working, at a customer's house. I'm getting very frustrated, and my mood is growing more foul by the minute. These negative emotions keep building, and building, untill I can't take it anymore and I/they snap.

My bad mood explodes out of me like the shock wave from a nuke. I can see it physically washing over every thing as is moves out exponentially in every direction. As my wave of anger passes objects and walls, it changes them. Colors become harsher and angry, lines and angles become sharper, and everything now has a crueler, meaner look to it. No longer angry, I am now amazed at how much my emotions affect the world around me. A little humbled and a lot calmer, I reset the entire scene back to the way it was before. Now, I start running through the whole range of emotions, basking in them

and seeing how they affect and change the world around me. At some point I notice it's not just the physical objects, but the people and characters as well. Focusing single mindedly on whatever emotion would completely change the behavior of the people and animals (some pets).

> [tommo: Wow, wanna slip some grammar in there? Anyway think I get what you're saying and yes these things are all quite obvious, but discussing it leaves a chance for more insight and investigation into why all this happens and further things that you might not find quite so obvious. Also discussing it lets people have input and could change how you think about it. For example if you investigate say, bones of a velociraptor, you might go in thinking clear headed and thinking critically but then once you keep dwelling on this one thing by yourself your judgment would become clouded because you have no input from other people. You might have a sudden feeling that this bone is only 100 years old and you would start looking for things that verify this, yet if someone was there with you they would say 'nah it's just dust' lol or whatever. I don't know if I got to the point there but that is why people discuss obvious things. Cusp came up with some interesting ideas and eventually started thinking he could apply this to real life just the same as in a dream, he obviously won't agree with me but I believe he dwelled on it too long by himself. Therefore he started getting carried away with some ideas without someone there to say "wait a minute, you're not thinking clearly, real life cannot be manipulated like a dream etc etc"]

I love both those examples, as they both show the second rule can work. You mind if I use those when I turn this into a book? And I don't disagree with the second one about me at all. Because that's exactly how it happens. I'm not sure if that was meant to undermine my argument, since it supports it so beautifully. It does however create a bit of a paradox of the chicken and egg type. My focusing on the idea too much would, according to the second rule, create the excessive detail I'm putting into this thread, creating the very rules themselves. From that perspective, it sounds like a self fulfilling fantasy or delusion, but even the delusion scenario unfolds according to those rules. Unfortunately I can't take full credit for coming up with all this. It was shown to me by someone else. Or at least I figured it out by watching someone else who knew how to apply it. I'm not sure if they were intentionally trying to show me or not. I'll get to that story later. It's a whopper.

[...]

The Dangers Family and Close Friends

The Dangers of Family and Close friends.
I learned of lucid dreaming through Carlos Castaneda's books. Besides lucid dreaming, which to my amazement turned out to be true, it also contained several other tips and practices for dreaming. This is actually where the whole looking at your hands during dreams thing came from. Most of these dream tips sounded strange and didn't make much sense, but damned if they didn't work, which is

why the hands thing is still around. Because it works. One of the things he mentioned is that family and close friends should be avoided at all costs at dreams. It sounded like good advice, but I really had no clue why that should be so. The attention and emotion rules explain why they are such a threat to your dreaming.

The Data

To better understand why Family and such should be avoided, I asked for examples and hit the DJs to see exactly what happens when people interact with family Dcs. It turn out that things generally don't go too well. In most cases there are arguments, family attacking you, family members getting hurt, getting attacked or being chased. Even just being worried about their health or wasting a lucid trying to convince a stubborn family member that this is a dream. I'd estimate about 90% of the dreams I've read involving family go sour in some way.

Applying Rule 2

These DCs are people you love, sometimes hate, which causes you to lavish more attention on them. They are indeed attention magnets, and this increased attention causes family member to become central elements in the formation of the dream. This may not sound too bad, but it causes a couple of problems. The first problem is the sheer wealth of experience you've had with these people. Anything you associate with them or have shared with those people, be it from childhood or last week, could pop in your dream about them. There are too many possibilities associated with them, too many ways the the dream could go to allow for good control.

*Note: These kind of elements with vast amounts of associations can still be very useful in dream. But ideally you'd want to use something other than family, like a door or a tree. Control doesn't always mean achieving achieving specific results. Sometime you just need to break a bad theme and you can use these general elements to randomly create some new elements.

The main problem is the associated dream elements that usually occur as a result of the extra attention given to family, are ones that are tied to strong emotions.

Rule 3.

We obviously care about these people a great deal, and strong emotions are a powerful force in shaping our dreams. Memory as been been shown to improve remarkably when intense emotions are being experienced during the event to be recalled. With the emotional roller coaster that is family, there is a vast wealth of these strong emotional memories that you associate with these people in your mind. So it's really no surprise that these stronger memories are the first to surface in dreams.

Conclusion

Effectively applying the second rule to improve dreaming requites a balance of attention. Too much on any one element and it pull you in too deep, drowning you in a sea of detail. Too little, and things destabilize, fall apart, and become incoherent. DCs of family members and close friends tend to tip

the scales into the too much side, which is compounded by the strong emotional bond we have with these people.

> [Tommo: Very true Cusp! Also just one thing unrelated to that that I feel I need to say here is I have had a few terribly depressing dreams recently containing this girl from my high school I was friends with. She was always telling me in the dreams that she just doesn't like me and wishes that I'd go away. This is because I was thinking about her a lot and wondering if she still likes me or not]

I think fear of being rejected is pretty common for just about everyone. You say you've been thinking about her a lot, so obviously that is going to incubate her in your dreams.

> [Anomanderis: Do dreams with real family members take place often for you guys? I've tried to remember, but I can only recall about 3 dreams where one of my family was present. Once, my little brother, and twice my father, though the only one playing himself was my bro and that dream too was years ago. I can't remember ever having a fight with family in a dream... maybe that's because I never get involved in such quarrels, because I know its pointless.]

I have family dreams fairly often, but I see my family quite a bit since my brother had a baby girl. Possibly you're just spending more time with other people, and it's those other people who show up in your dreams?

[...]

More practical RL Applications: Writing

A lot of people still have doubts that these rules can be applied to RL to effect change . By controlling where you place your attention and your emotional state, then logically, any change experienced would only be from your perspective. The trick is that you can not only manipulate your own attention and emotions, but you can manipulate the attention and emotions of other people as well.

Here's an example that happened to my yesterday. I was purchasing something at the store, and I expected the total to be just over 10$ so I had a 10 and a 5 out and ready. I was surprised to hear the cashier tell me it was just under 10$. I had it held out to give to him, so I took the 5 back. Anyways, he ended giving me an extra 5 dollars in change. The way I was holding it made my 15 dollars the main focal point, which implanted the idea of 15 dollars in his mind. I gave the money back. Applying these rules on other through actions can be a difficult thing to conceptualize, and I have a few more topics I'd like to cover before I get into that any deeper. But one area where I think there is a very clear cause and effect relationship between applying these rules to RL and effecting tangible change in the world around you is writing.

More Practical RL Applications: Writing

Political Newspaper Propaganda Articles
I've always loved these articles in the paper. Far from impartial reporting, these pieces are written with purpose and intent, which is to make people vote for the party they represent. I people who write these are know as "King makers"
There are three main tactics for doing this, which just happen to be the three rules of dreaming. They fit very with with the whole Public Relations aspect of politics as a whole.

1. Everything requires your attention to exist. While an important and fundamental rule, most of the time this one seems pretty redundant. But politics take advantage of this rule like like nothing else. With simple denials and by ignoring key issues, many things get swept under the rug, so to speak. It's safe to say Politicians are masters of the first rule. If you want to learn how to apply the first rule better, that's where you should look. I could give countless examples, but I'm sure everyone can do the same off the top of their head. "I did not have sexual relations with that woman" comes to mind.
2.The more attention you give to one element, the more detail it creates in relation to what you are focused on. This one is simple really. Associate the candidate you support with positive issues, and the opposition with negative issues. By emphasizing certain elements and drawing attention to them, it's possible to engineer these types of negative or positive associations. Once these associations are in place, then whenever someone who's been exposed to this enough things about the candidate, the second rule creates corresponding positive or negative thoughts.
3. Rule of emotions (Still under construction). You will rarely read about issues that are truly important in the newspaper. Instead they favor the issues that get people emotionally charged, either strongly for or against. This is to reinforce what they are trying to do with rule 2, as stronger more prominent memories are formed during intense emotions. These memories charged with emotion are usually the first to surface.

Commercials and Advertising
These ones are pretty self evident. They are designed solely for the purpose of capturing your attention, drawing you in, and making people buy. A clear case of making things happen by using the second rule.

Creative Writing
Getting away from the manipulative aspects, these rules can be applied to creative writing as well. I've had aspirations to do some creative writing for a long time, but I've always had difficulty deciding how much descriptive detail to include in my writing. Also choosing which elements to describe can be rather difficult.
Second Rule.

*** OMG it's too hot and humid. Again, I'll have to finish this later

[...]

> [Anomanderis: I guess the reason why I don't have dreams with family members in them, because I'm pretty much a hermit. And even when I am with them, I don't get emotionally involved. Talking about the change and politics, it will be very hard for some to believe that this has any "supernatural" basis. I think its a bit of both: cues picked up subconsciously (body language, subliminal messaging, hypnosis) and the aspect that modern science can't quite explain yet, though which magick (kabbalah, hermetics, ...) has explained for centuries. Heard of Derren Brown? He does some AWESOME stuff with hypnosis, NLP, body language and whatever alien powers he possesses:
> http://youtube.com/watch?v=II_-QcW4Q4I
> http://youtube.com/watch?v=befugtgikMg
> http://youtube.com/watch?v=IOEKdaXIEHc
>
> Although he says that none of the things he does is anything supernatural, just psychology and so on, there are some things that are impossible to explain away like that: he made a woman look at passers-by from, i think, a second storey window, trying to make them stop by willing it. (given instructions by Derren) She does it! How that is psychology, I do not know...]

I'm not claiming any of this has a supernatural basis. Just the opposite, this is nature it's self. I was actually planning a chapter on hypnosis. I was thinking I could use these methods to explain hypnosis, and to hypnotize people myself. But that's going to take a lot research, study and practice. In high school, I would sometime do what I called the "look of death". I could use it on anyone walking down the hall and make them stop dead in their tracks. I got bored with making people stop, then started trying to use it to make people drop their books, which would work every now and then.

> [tommo: Yeh that's what I'm talking bout' cusp, little gestures or expressions and such that you can do that make people do certain things. Just like a smile can make someone feel happy other things can make people do or feel something else.]

Here's another example, again from my high school years, which I'm very proud of. Our english class was debating the pros and cons of the Nuclear family (Mother, father, 2.5 kids and a dog), and as we were allowed to make our own groups, it turned into the guys VS. the girls.

Our side was at a bit of a disadvantage, as the girls tended to be harder working than the guys, and their group had the smartest people in the class. The topic of homosexual couples raising kids came up on our side, and the girls overheard us and started coming up with counter arguments, which I happened to overhear. It's then that I came up with my plan. We would pretend to be biased against

homosexuals, and make it appear that this aspect would be our main argument. This made the girls do a lot of work coming up with great counter arguments. Unfortunately for them, when the debate rolled around, we avoided that topic like slick politicians, so that all their hard work was completely wasted and irrelevant.

One of the most effective methods to accomplish this trickery for the debate was a massive green tome my friend found at the library, which said "GAY IS NOT GOOD" in big bold letters on the cover. We spent the majority of our class prep time thumping that book with our fists like it was a bible, which was great fun! Our opposition's greatest assets was their strong work ethic, so I used that against them. We directed their attention on that one topic, forcing them to spend the majority of their efforts preparing for it, then we blindsided them with topics they weren't so well prepared for and won the debate. They had no chance. I had single handedly won that debate on the first day it was announced.

> [anomanderis: I had a weird kind of lucid nightmare this morning. I was in a massive underground tunnel, it was practically pitch-black and the only things separating me from falling into the pit were these quite solid, but still dodgy-looking metal gratings. I became lucid and I was afraid. Maybe because of the darkness. The fear made me think that there might be monsters close by. And then I thought 'Well, frack me, if there weren't any before, then me thinking this will make them appear anyway'. Which was true, because monsters started coming at me one by one. First an alien (conveniently from the movie Alien, you see. I had nightmares as a child when I watched those movies), then a predator, then someone I don't recall and finally a glowing skeleton-thingy with a luminescent chain with a circular blade at the end of it.]

I had somewhat similar non lucid dream last night. Only instead of expecting monsters, I was expecting prostitutes. And sure enough, there they were! They gave the best back rubs.

> [anomanderis: How long did it take for you to gain control over your lucidity, the Cusp?]

I really don't know how to answer that. I've probably been LDing for about 15 years, and I still wouldn't say I have control. There's just always so much do in dreaming, always something new to explore. My very first few lucids I failed at almost everything out of the ordinary that I tried to do. After a few successful tricks, I was able to repeat those I had previously done more easily. So I would rely on those one and use the hell out of them until I got really good. I tend to go overboard and have dreams where I repeat the same thing hundreds of times very quickly in different circumstances and scenarios. Every now and then I'd pull off a new trick and be able to replicate it much easier each time I tried it. Kind of like adding magical spells to a spellbook. And I've been pretty much doing that ever since. But, after doing that for so long, the stuff I try now can get pretty complex or abstract. To the point where often I will know I was lucid, but the things I was doing with it can't even be translated

into a waking context. I'm just left with the impression that I was doing something either really important or really cool, and at best I can just recall a few flashes that don't seem to make any sense.

[...]

All my notes on various things are rather chaotic and I keep losing track of stuff, so I just want note some future topics on this subject here.

-Next will most likely be my conclusions from my Vampire, Werewolf, Zombie study.
-Then Secret origins of these rules and Shared dreaming.
-Reconciling the ILDs. There are way too many LD techniques. There has to be elements these techniques have in common, and I'm willing to bet that the majority of them (Or at least the good ones) use these rules in some way.

And for the RL side of things, which will take a lot of research, I have the following to investigate

-Hypnotism - Look evidence of these rules in hypnotism methods. I'm sure I can use these rules to hypnotize people myself.
-Summoning - A bit out there, but if there is any truth to it, then the rituals should mirror these rules as well.

And I still have to finish the bit on creative writing. So much to do, so little time.

> [seeker28: Thanks, Cusp and everyone for keeping this going. It has been really interesting. I wanted to add a bit. When I was in juniour high and HS I used to do what I called "little miracles." All of my friends knew I could do this, so from time to time they'd ask me for one of my "miracles." Generally they'd track me down before school started and tell me they hadn't studied for a test or had forgotten their homework and needed their teacher in a specific class to not do the test or to not collect the homework. I'd say, "Okay, you have your miracle." Then, without fail, whatever they'd wanted would happen. Sometimes they wanted other stuff -- a guy to notice them, for their parents to not get mad for something they'd done, etc. And everytime it worked. I "granted" more than 100 miracles and never had any of them not come true. The law of attraction in action. Now I like to use it to get parking spaces where I want them. I dream frequently about my family members. Most of them do include some form of struggle or tension.]

Seeker28, that's awesome how you would do those "little miracles". I might ask you for help with one someday. I kind of do something similar to your parking spaces trick. When crossing the street on foot, I almost never have to wait for the lights to change. They just change for me at the perfect time so that I never miss a step. Doesn't work out that way when I'm driving though.

> [anomanderis: I think you pretty much do it in the same way I do. For stuff to happen, I really need to feel good. I don't know why, but maybe because this feeling good makes me think about the term 'inner storm', that I tend to affect the weather when i'm in that state of consciousness. Come to think about it... I've been unusually happy a few times recently and its been raining for 2 weeks. Ah, my imagined connections....]

One day I woke up and for no apparent reason, I felt better than I've ever felt before. It was a super intense king of the world feeling, I felt like I could do anything. That alone was an incredible experience. But when I left for work, everyone at the bus stop was staring at me. And when I got on the bus and sat near the back, every single person was turned around backwards in their seats and stated at me the whole time I was on the bus. I could even see the driver looking at me in the mirror! The people didn't even seem to be aware they were doing it, like they were mesmerized. I felt too good to care and just let them soak it up. Nobody at work reacted to it and the feeling went away around 11:00. Now I know what Jesus felt like. The funny part is, at time that happened, I had hair past my shoulders and my beard (both brown) made me look very Jesus-like.

> [Oneironaut: Was it you I had a talk with about this, before, Cusp? The whole "does a DC have guts if you can't see them" thing? In either case, it's important to remember that "awareness" has many levels, leading even into subconscious awareness (I'm not saying you disagree, I'm just adding to the context). So, that is to say, I'm not sure we have to actually see/hear/feel/etc something for it to exist in dreams. I believe that even a subconscious awareness - an activated schema that has not risen to the level of "conscious thought" - can affect a dream. I've always found the schema concept fascinating, and I believe that this is how dreams progress (and why they often do so in a seemingly erratic nature). But, for this to be the case, that would mean that schematic concepts that we are not yet actively aware of still hold influence. If you are dreaming that you are sitting in your room, with the door closed, one might say that the living room doesn't exist if you're not actively aware of it. But, being in such a familiar setting, your subconscious knows the kitchen is there, even if you're not thinking about it at the time. Does your mind already have some abstraction of the living room model created, ready to be thrown into the context of the dream, upon your walking out of the room? This would make sense, as with word schemas, the mind activates schemas for context even when the particular concept isn't being used. For example: If someone says "Dream," the mind would probably activate schemas such as "Bed", "sleep", "night", "lucidity," "nightmare," "flight," etc. Anything that it could associate with "Dream." Even if you're not aware that these words are being gathered by your subconscious, and prepared to throw into the context of conversation, they are. So, if the schemas that (I believe) conduct how dreams progress, then it's possible that just the most subtle trigger of a subconscious "living room" schema could create some sort of abstract model of how your mind will present your living room to you, whenever you decide to leave your room and walk into it. Technically, you are

still "aware," of the living room, before you become consciously attentive to it (albeit subconsciously), but it just makes you wonder exactly how aware of something you actually have to be, before it loses its (to use S. Cat terms) "superposition," and collapses into a solid state.]

I never properly thanked you for introducing me to the concept of schemata, which has been very useful. I generally view it as an AI neural network model, but my attempt at explaining neurons and dendrites and weights didn't pan out too well. It's like you mind is a vast forest full of twisting trails and paths. The more use use certain paths, the more worked in they get and the easier they are to travel. Your dreaming mind is more likely to travel well beaten paths. I still think nothing exists until you are experiencing it, or at least focusing on it in some manner. These schemata already exist independently of the dream, they don't require any dreaming attention to sustain. They are a result of everything we've experienced. For dreaming purposes, I like to think of them almost as geographic locations with roads leading to new places. I don't always have control over which path I'll take, but I am free to choose which schemata I want to use for change. You don't always have to go for pinpoint accuracy control, a general change of theme is good too. Sometime I change themes several times just to find associations that are useful.

[...]

The Fist Time LDer

A Newb's Experience with Lucid Dreaming

Using these rules for dream control requires a balance of attention. This leaves only three outcomes for any newbie dreamer. Achieve a balance, or tip the scale in one direction or the other.

- 1. Balance: If a first time LDer begins to interact with his environment right away, then he inadvertently achieves balance as his awareness gets spread around the dream scene. Things seem stable as long as they keep up a steady interaction with the dream.
- 2. Introversion: The dreams realizes they are dreaming and are so amazed, excited and thrilled by this fact that they focus all their attention on that thought alone. What that implies, the realization of what's happening, what's possible, all these thoughts direct a sudden rush of your awareness inwards to deal with all these mental machinations, which creates a corresponding vacuum in the dream around them. With no attention to sustain it's self, the dream collapses and the dreamer wakes up.
- 3. Overkill: Realizing they are dreaming, the dreamer checks things out and something fantastic, bizarre or just plain interesting catches their eye. They go in for a closer look and the directed increase in attention causes that element to grow out of control, demanding even

> more attention. They get in too deep and don't know how to stop it. The resulting confusion also leads to waking up, which is a form of the second outcome.

The second two are only pitfalls at the beginning. With practice they become your main tools. The reason it goes so badly at first is because people don't recognize what's happening. It's like giving a loaded gun to a monkey. The monkey doesn't recognize what the gun can do, what it was designed to do. Yet it can still fire the gun, which will probably scare the living shit out of it at the very least!

> [seeker28: Oneironaut thank you for the input on the schema. I've been thinking about a recent dream I had. I was on a school trip with some recurring DCs. A totally new DC, named Owen was there. He was from a country called Fubaria (hehehee) in Europe. He had come to the USA after escaping the genocide going on over there. He hung out with me and my dream buds. He and I were affectionate, but I didn't all out molest him like I usually would have (I was horney). When we kissed it was always a chaset closed mouth kiss. Later I found out he had been raped. I've been trying to figure out how I knew he'd been raped. Or looking for evidence in my dream thinking that indicated I knew. I think I must have known subconsciously and that is why I was so chaste with him. Using the idea of schema I'm easily able to explain my actions. In my mind "rape" and "genocide" are two words/concepts that are linked so closely they are nearly inseperable. What do the rest of you think?]

I think you're got it exactly right Seeker28. That's a perfect example. Fubaria sounds like it should be the name of a heavy metal band.

> [anomanderis: Hehe, I guess you could call the fact that almost always nobody will sit next to me in a bus (even if its packed) my own little miracles. Or maybe I just creep people out, dunno]

I do that as well. I don't think it's about creeping people out, because I'm a very successful hitch hiker.
Here's a neat bus trick. If you can sit by at least two pretty girls, then any other pretty girls that get on the bus after will cluster around you.

> [jarrick: I'm not saying they're not but there's other theories too.. ie, foreign entities like in "the art of dreaming" (carlos casteneda)]

Those would be the exception to the rule, as well as any form of shared dreaming. Learning to recognize and use your own elements should make it easier to recognize any foreign elements.

> [jarrick: *"The more attention you give to one element, the more detail it creates in relation to what you are focused on"*; have you noticed what happens if you stop and try and keep your

> focused attention on whatever's there? for me, it tends to change and can change into something completely different or unrelated or into nothing at all.]

That's what I based the second rule on. The act of focusing your attention is the main creative force in dreams. It's just not always so focused and directed, so it's effects are not always so obvious. But those changes are not unrelated, they follow schemata or archetypal models. These elements of change seem random, but they can be classed together because they have some relation to the object you are focused on. Some things or concepts can have thousands of related associations that may seem random, but they all have the root element in common. Most of the time I'm unable to choose which of these associations will rear it's head, but I do feel that I'm able to narrow the choices somewhat. Just try it. You'll see that the changes that come from focusing on a teddy bear are quite different than those that come from focusing on a severed head. Even if you can't predict the exact change, you can still have a pretty good idea of what to expect. Knowing what to pay attention to and what to ignore, and not getting distracted by every shiny object can go a long way in providing dream control.

> [jarrick: -but i wonder if concentrating on an object and letting it change into it's associated items would strengthen your memory connnections.]

Most likely. In a neural networking model, every time one of these paths gets used, it gains what they call "weight". The more weight these pathways have, the more likely they are to get used. But the true measure of the strength of a connection is the strength of the emotions you were experiencing when those memories were formed. THanks to the part of the brain called the hippocampus, which affects memory, learning and emotion, stronger memories are formed in response to strong emotions. These emotionally charged memories being the strongest, surface first in dreams. I need to revise the third rule to reflect that.

> [Tommo: Basically, wtf? That's like saying everything you see requires your sight. It's just basically redundant and it has nothing to do with attention anyway. It's a totally different thing, so you can't say that attention thing is wrong and the perception thing is right, it's like saying algebra is wrong because calculus is right.]

I don't follow what you're trying to say at all. In a dream you're not using your real eyes to see. We know through science that matter exists both as a wave form and as a singularity (particles). Recent advances in quantum mechanics tell us the act of observing these wave forms is what collapses them into singularities. This would suggest there is something "magical" about the act of perception.

> [jarrick: do you find that you percieve more (emotions, objects, sences etc..) when you're fully lucid or when you're semi-lucid?]

I don't think I perceive more in one state or the other, my perception is just distributed differently in a full lucid than it is in a semi lucid. In a semi lucid, I take in more of the dream. In a full lucid, I have more of an inward focus while I think about the implications of what I'm doing. I still have the same sum total of perception, but a greater portion of it is directed inwards during full lucidity.

> [jarrick: So you believe that at all times we are "maxing out" our perception, just that the distribution is different?]

I can't really say for sure at the moment, I need to experiment with that more. Yet another thing to add to my research list.

> [tommo: So basically, in a semi-lucid everything is not as real, right?]

No, just the opposite. Full lucidity by definition requires more focus on your thoughts, most notably the "Holy crap, I'm lucid!" thought. This leaves less attention to sustain your surroundings. In a semi-lucid, more attention is focused on interacting with the dream, which makes it more real.

[...]

An Engineering Project: The Rumor Mill

I just realized a little something my brother and I do could provide a practical engineering project using those rules that anyone reading this could help me with. The main problem with understanding these rules in action is that they can be pretty abstract. Here we will try to create something very small and simple, with a very clear and simple intent. Plus we'll limit ourselves to using only words to accomplish it.

Background

Now my family has a bit of a history for bullshitting. My brother and I like to make up interesting little factoids that are complete fabrications, and tell it to someone. First of all, it's funny getting someone to believe something stupid, but it's even better when they repeat it and get called for being so completely wrong. My brother inadvertently set a new standard when one of his bullshit fabrications caught on and spread. He actually had something he made up on the spur of the moment repeated to him by someone he didn't know in a completely different city from where he first told it. I'm sure every one of you has heard the rumor about the Don't worry be happy guy committing suicide, or the one about Richard Geir and the gerbil. Those may sound stupid and immature, but what those simple rumors accomplished was awe inspiring. They spread around the globe like an infectious disease with a speed that rivaled the internet. Just think of how many perverted gerbil conversations you've had to suffer through as a result of that one.

Just a handful of words can have far reaching consequences. In that light, it's easy to see where the classical portrayal of wizards and scorcerors performing acts of magic by reciting magic words or incantations might have come from.

Applying the Rules

1. Every thing requires your attention to exist - This is a brilliant example of the first rule in action. Make no mistake about it, we are creating something from nothing here, and the goal is to keep it alive through attention. A lot of people have trouble understanding how this works, and I hope these rumors will clarify things. These rumors sustain themselves through the attention people give them. If it's a lame rumor that nobody cares about, it will soon be forgotten and cease to exist. But if the rumor is good, it takes on a life of it's own, it becomes something quite real and almost tangible. The person sustaining the existence of these rumors needn't consciously focused on them to keep them going. They reside somewhere in the mind, but remain active. This is a great analogy of how we carry over residual stuff from waking life that influences our dreams.

2. The more attention you give to one element, the more detail it creates in relation to what you are focused on. - This rule provides the building blocks for creation. There are maybe three elements tops in these rumors. They extremely simple. But the right combination of a very few element creates an irresistible hook. Just look in the Dream Gallery section of this forum, and you'll see my dream entitled "Mormon Sex Cult" has over 5000 views. Not to brag, but that blows away any other dream posted there by leaps and bounds. Why? It's the right combination of elements. Of course sex is always a good one, but combined with Mormon and Cult, it's even more alluring.

3. Emotions strengthen memory and flavor those memories accordingly. (Still trying to rework that rule to better summarize what's happening. I'm not happy with that rendition, but it will do for now) - Emotions can be considered the power source for this project, which keep the rumor going. Ideally we want something that people are strongly polarized either for or against. Something that provides a strong sense of shock or surprise. Something deliciously captivating. I've been trying to write this for two weeks now. I'm not happy with how it turned out, but I still think it gets the point across, so I'm just going to post it and move on. Ideally I want a rumor that will rival those two I mentioned, that will spread across the globe and get back to my brother so I can gloat. We could also do it on a smaller scale withing the DV community. I was going to suggest something about Asher, but he's been quick to wield the ban axe these days, and I don't want to get booted just yet. I'm just using him as an example. They way these rumor implant and sustain themselves in the back of your mind is the kind of thing you want to accomplish with the desire for lucid dreaming. You want to turn it into something real that takes on a life of it's own. A site like this helps amplify that reality due to the number of people in agreement on lucid dreaming.

> [tommo: It would be funny if LD'ing was just a rumour and we all really just dreamed that we were having an LD.]

Actually, most people who claim to be insomniacs, when monitored under laboratory conditions, actually sleep well most of the night. These people will argue they didn't get a wink of sleep all night until confronted with video footage of them sleeping soundly. What they concluded from this was that the people were dreaming that they were tossing and turning in bed all night. Just one long crappy false awakening.

> [Valwen: What gerbil rumor?]

Allow me to refer you to the tale of Lemmywinks the Gerbil King. And remember you asked for it!

> [anomanderis: The term is fletching, but it does not not mean gerbils up the ass... (Sorry for the OT)]

OK, enough about the gerbils.

> [tommo: lol. Neway that insomnia thing was that for real insomniacs or just people who think they are? Coz I'm almost 100% sure it's a real condition and you would only sleep seconds or minutes every night but you don't dream so it's like just a blink.]

Insomnia is a real condition. And these were real insomniacs who were studied in the lab. Sure they spent a good deal of time tossing and turning, but they did still sleep, even though they would tell you they didn't. These people were literally shocked to see video of themselves snoring away. Sorry no link for that, I got it from a book. I'd say that they are putting too much focus or attention on their inability to sleep or restlessness, and the second rule fills in the details of a restless night, be it in RL or through a FA type scenario. Too much attention on any one thing is unhealthy

[...]

Using Vision for Dream Control

The Basics: Vision

Using these rules for dream control boils down to a matter of awareness or attention. To be precise, where and how intently you have that attention or awareness focused. What awareness is exactly, no one can really say. It's an intangible process we use so often we take it for granted. For the moment, we only need concern ourselves with how awareness works. Humans have 5 senses with which to perceive the world around them, but we rely most heavily on our sense of sight. What this means is that sight is our primary tool through which we are aware of what is going on around us. Or to put it another way, our main means of becoming aware of our surroundings. This makes vision our main weapon for deploying awareness in dreams.

Be careful what you look at...

Simply looking is probably the best and easiest method of dream control. This is both a curse and a blessing. What is so great about it is that it's such an easy thing to do. The downside is that we are almost always looking at something in our dreams. This type of dream control doesn't just turn it's self on when we want or need it, it's always in play. And there is so much to look at, so much to see and take in. So many wondrous or terrifying sight, you awareness can hardly contain it's self. It jumps around from this to that, the whole while unaware of the consequences it's having on the dream. That is why dreams seem random. In fact you need to look in order to interact with the dream and keep it stable. The trick is to learn to selectively choose what to look at. It's quite easy to lose control, some things you just can't help but look at. But we don't need to dwell on those things. Just a quick glance to asses and then move on until you come upon something you would like to expand on. Then you can dwell on it, examine it more closely. But if you start examining every little thing, things quickly get out of hand.

In Castaneda's books, the main technique Don Juan made him practice was just glancing at objects in dreams. I've been rereading those books for over 15 years and never understood what that was about until tonight. Just glancing is the best way to "travel" in a dream without disturbing things too much. When you glance lingers too long, something happens, a change that you can actually feel. It almost feels like two magnets locking together. That feeling can grow in varying degrees of intensity along with your increased focus on that object. Watch out for dream elements that ensnare you attention and almost compel you to look closer. Dreams are full of them, they lurk around every corner! Again I cite the example of a tooth dream gone horribly wrong. At first you may just want to let it happen and watch how the changes come. Once you recognize what is happening, it will be easier to avoid such snares in the future, however horrifying or beautiful they may be.

Tunnel Vision

I need to work on my glancing, but so far I've gotten really good at zooming in with my vision on a single thing, blocking out everything else. Literal tunnel vision. This is the best for extreme changes related to that element. You can keep going deeper and deeper into the detail, or pull back and see how your surroundings have changed in relation to what you were just staring at. I recommend going back and forth several times to see exactly what and how drastic the changes were. It's really hard to explain how these changes take place, you have to experience it for your self. The changes that occur as a result of Tunnel Vision may be too drastic to qualify as control, but it sure is fun. It's more like controlling which water slide you want to throw yourself down.

I've also started working on focusing on multiple objects the last couple of weeks, hopefully glancing will help with that. I had discovered a new vision technique last night that I was experimenting with in a lucid, but I can't quite make sense of what I was doing while awake. It had a rolling feel to it, but that just makes no sense... I'll figure it out eventually.

> [anomanderis: Btw, how do you see the eyes of DCs in your dreams? do they look real? This morning was the first time that I actually saw a DC whose eyes looked real to me, there was no blankness or emptyness that had always been in their eyes.]

I've never noticed anything out of the ordinary about the eyes of my DCs. My zombies usually have a blank empty look in their eyes, but that's to be expected. Sounds like that would be a good dream sign for you, if you can learn to recognize it.

> [anomanderis: I've found that when I become lucid and my sight moves from object to object, I will lose lucidity rather quickly. I have to look at everything very slowly and always keep something in focus for my lucidity to stabilize. But I've only got it to stabilize a few times... This morning I tried to do that as well, but I guess my awareness was also on the DC that I was solacing by hugging her. I focused on a point in my surrounding, but after some seconds I could sense the dream blurring and then my vision started greying out.]

Sounds like you were looking at too many things before you were ready for it.

The exercise Castaneda was practicing consisted of choosing a starting anchor point. Starting from there, he would glance at a few objects, then return to the starting point and repeat the process. Every time he would try to glance at more and more objects before returning to his starting point. I don't even think it would be possible to come up with a better method to practice glancing. Sounds like you were looking at too many things before you were ready for it.

> [anomanderis: That means that the speed i look with while i am awake is much too fast for when i am lucid, i literally have to move my point of focus a centimeter at a time to not lose focus of the entire dreamscape.]

Nothing wrong with focusing on the entire dreamscape. Peripheral vision works wonders for stability. It's only when focusing on individual items you have to be careful.

> [Vortex: It's not the things I'm looking at that change, it's the stuff I'm not.]

That's exactly right! Thank you, I rely on these comments to see what needs to be explained further. That's an important distinction I seem to have overlooked. The changes that occur in the things you are not looking at are directly related to the thing that you are looking at. It's not what you are looking at that changes. I'll try to better illustrate this point with zombies, werewolves and vampires next.

[...]

The Origins of Zombies, Werewolves and Vampire

> [anomanderis: How does everyone create their dreamscape when they are in 'limbo'? When I'm already inside a dream, I usually use the 'beyond that door' or 'behind that corner' method; when I am DEILDing (basically chaining) I use VILD. The first time I used VILD, i had the most amazing dream entry that i have ever experienced: i imagined a scene and the colours started slowly trickling/flowing in in little spiral vortexes that merged into the dreamscape.]

I would assume it's a result of whatever lingering schemata are still active in you mind. But to me the spiral vortexes seem to be very important in those kinds of scenarios. So many people dream about sacred geometry without knowing what it is. And what it is is the building blocks of all creation, but I don't have enough understanding of that subject to really explain it.

The Origins of Zombies, Werewolves and Vampire
Without a doubt, the second rule is the most influential in shaping our dreams, and also the easiest to observe.

2. The more attention you give to one element, the more detail it creates in relation to what you are focused on. So let's take a closer look at the elements that birth these creatures in our dreams. The following examples are from dreams that didn't start out with these creatures all ready in them. I also excluded lucids, because the control afforded by lucidity distracts from the natural formation of elements we are trying to observe here

Vampires
While going through the DJs, I noticed that the main element that causes Vampire to appear in dreams is the classic spooky old mansion or castle. Everyone knows that's where vampires live. If you happen to spot one of these mansions, odds are, you're going to have vampires to deal with.

...I'm now near a castle and have become "NeAvO the vampire slayer"...
I'm in this kind of castle/mansion... and confronting this woman who was actually some kind of supernatural being (vampire?)
...We had to go in this dark, spooky house...a strange woman in there who summoned a vampire
..all the houses were early 1900's and very big...I kept thinking I'm not a vampire...
...because he was 230 years old.That confused me for a moment until I realized that CB was actually a vampire.

Obviously there are plenty more reasons to dream of vampires, books you read, games you play, halloween, but it all boils down to the same thing. Focusing on something that has a strong association with vamps, even if it's carried over from the waking world rather than something in your

dream. Many dream vampires have a sexual nature, especially for women, and have quite different triggers. I can't go into every possible scenario because they are endless, and I'd be entering into the realm of psychology. Death, corpses, blood, all these are common triggers as well, and can have a cumulative effect. It needn't be just one element like the mansion/castle, those just happen to be very clear examples.

Werewolves
Werewolves are interesting because they seem to reflect a beastial part of ourselves. They have fewer concrete association other that full moons and creepy woods at night, and their presence is most often triggered by strong emotions, namely anger and rage. A good fight or chase will often bring out the werewolves! They are good examples of the third rule in action.

3. Strong emotions flavor everything much like viewing things through a colored lense.

...They pull out a knife with a folding blade... somethings chasing me (werewolf or terminator??)...
...The Werewolf guy was the most prominent. He was chasing us through the woods...
...As I viciously beat the old fucker, the people in the grocery store begin to get violent themselves....The infectious disease that is spreading is lycanthropy! ...
*That one's mine. Note how my rages completely changed how the DCs were acting.
...People panic near night...many people at the windows and on balconies, panicking...Just then I see the werewolf...
...I darted into the trees...so I ran past and kept going...It turns out that he was a werewolf! I was very scared
...some guy is messing with me or something, and I transformed into a werewolf, and started biting his arm uncontrollably...

I only concentrated on emotional werewolf creation in those examples, but there are plenty that follow the second rule as well. The main triggers being scary movies, video games, and halloween. Or of course the dark spooky woods at night like this one...

...I'm up at the cabin with my mom and step dad. I'm outside, it's night, and I have a sword. I'm out near the front of the property, when I'm attacked by a werewolf...

Zombies
Zombies are actually too big of an area to get into right now. It's going to take a bit more time that I have tonight to go through the countless examples of zombie dreams, but I think Vampires and Werewolves get the point across.

After writing this up, any guesses on what I'm likely to dream about tonight?

> [tommo: Hm, never dreamt about zombies, vampires or werewolves that I can remember. I described that mush room thing how it kept getting more and more bugs over it, but also the leaf didn't change at all, besides getting more detail to it.]

You got extra detail in the leaf. But between the boring old mushroom and the crawling insects, which of the two do you think are more likely to capture your attention? Obviously the insects, and that's why they kept multiplying. If you really want to see the changes, you really have to latch onto it with your attention. Try to recreate tunnel vision.

> [tommo: I thought of something today that could be another rule but now I've forgotten, I'll edit this post later if I remember. It had something to do with anchors, like while you're doing WILD.]

Anchors sound like a good idea. What were you thinking?

[...]

Secret Origins: Enter the Night Stalkers

The time has come to reveal where I learned of these dreaming rules, and at the same time to throw any credibility this thread might have had right out the window.

Secret Origins: Enter the Night Stalkers.

It all started with the infamous Night Stalker/Dream Walker

That thread was about people who supposedly enter other people's dreams and torment them. I like to keep an open mind, and was willing to at least consider the possibility. If there were people capable of such things, then I reasoned that DV would be a good place for them to find targets. Many people, including myself, keep detailed dream journals on this site. I figured the DJs would allow any of these Night Stalkers to read about their visits afterwards. Being a LDer with many years of experience, I arrogantly assumed I would be able to handle any such visitors with ease. So I put out an open challenge to any of these "Night Stalkers" that might be lurking the forums in the hopes being targeted. I was really cocky about it, repeatedly calling them out, calling them names. Before very long, it appeared I had gotten what I had asked for. I still didn't really beleive it at first, and figured those dreams were self induced. But the thing was, I was consistently getting my ass kicked in those dreams, night after night. This was odd, because I rarely lose a dream fight, especially when I'm lucid. But to get my butt whooped almost every single night was unprecedented in my dreaming. It was a perplexing situation, because I considered my LD skills to be superb, especially when it comes to smashing things. But these opponents in my dreams could take anything I threw at them, which was starting to frustrate me. I started going over those dreams in an attempt to find out what I was doing

wrong, or what I could do differently to turn things around. My best lucid tricks were totally ineffective.

Epiphany
These dreams continued night after night, with me trying to defeat these people and having no luck. As the dreams progressed, I began to notice how these opponents were able to defeat me. That's when I saw that we weren't playing by the same rules. I began to watch what it was they were doing to me, or rather how they were doing it, and I began to emulate them. That's when things started to turn around for me, and I started win dream battles again.

The Difference
The problem I was having before was that I was attacking them directly, while these so called Night Stalkers were attacking me inderectly. In fact, I had mistaken their attacks as thier main weapon, but it turns out their true weapon was how they manipulated my attention. The attacks were just an incedental result. Now a lot of people say that since it's your dream, anyone who enters it can't hurt you. And this is true. But what they can do is use your dream against you. I was just flat out attacking, but these NS would build up their attacks with an almost theatrical flare. Instead of just letting loose with an energy blast like I would, they would hold the charge, letting it fill my senses in a manner that captivated my attention. Being so focused on what they were doing, it became part of my dream, and thus real for me. My direct attacks were to easy for them to ignore, and thus had no power over them. As I got better at thier style of combat, they would actually compliment me on maneuvers I would make. Winning these dream fights all came down to coming up with innovative ways to capture you opponent's attention. After getting the hang of this, the resulting dreams I had were indescribible, yet thrilling beyond words.

The Players
There were the same two people that kept showing up and attacking me in this manner. I call them Gimpy and the ThumbMaster. They each had their own unique styles which helped to tell them apart.

- ThumbMaster: This guy's main technique was assuming the role of torture interrogator. He would constantly demand answers to inane questions that had nothing to do with anything. In retrospect, it wasn't the questions that were important, but rather the tone they set. By demanding questions of me (he wouldn't even wait for an answer before asking his next question), it created an interrogation setting in my mind. Just by asking questions, he was able to create an atmosphere where he was in charge. He also had this brilliant torture method where he would run his thumb along the muscles and ligaments in my shoulders finding painful spots and pressure points. He never actually hurt me, but used jsutt enough pressure to let me know he coud hurt me at any time he wanted. And that was the most important

part. His masterfully directed my attention causing his torture to become the main aspect of my dream.

- Gimpy: This guy was was less skilled than the ThumbMaster. He prefered to assume the role of an indestructible psycho killer who stalks you relentlessly. In fact he preferred the threat of chasing/stalking to actual physical violence, and would let me get away so he could continue with his relentless stalking. He was creating a scenaio of fear, which was much more important than actually attacking me. THis guy was nigh indestructible, and nothing I threw at him would phase him in he least. THis was very annoying for me because I still had a thing for direct attacks.

One night, when nothing was working on this guy, I remembered something I had read in one of Castaneda's books about a weak spot on the energy body. I performed a special attack and managed to hurt him. I'm not telling what I did or how, but afterwards, I had the impression I actually hurt him. It wasn't just a dream attack, I felt I did real lasting damage to a real person. Not just to his dream body, but to his real body. I asked around a month or two later if anyone had encounterd a DC that fit his MO, and also had a limp. Two people reported seeing a limping DC that behaved like Gimpy. They both reported that he had grey hair. I seriously think I hurt that guy for real.

Real or Not?

From those series of dreams, I devised my three rules of dreaming. Everyone says I likely induced those dreams myself, and initially, I thought that was the case as well. But after going over them again and again, they are distinctly different from normal dreams. For starters, normal dreams follow these rules without exception. I'm able to trace back where things came from as a result of what I had my attention fixed on, and more importantly, my attention would wander around naturally. But in these shared dreaming encounters, I wasn't in control of my attention, they were. Even when I'm not in contol of my attention, I can still recognize the natural progression as it moves around, and recognize what drew my attention to certain things. But when I interacted with these two people, they were the ones that were directing my attention in a most unnatural manner. The difference to me is very clear, and my dream dreams have not unfolded like that before or since. Keep in mind I have 15 years of DJs to compare these against. I'm not making this up because I want to be special as many people say. I'd much rather take full credit for discovering these rules, but unfortunately, they were demonstrated to me by other people. Furthermore, those rules were the last thing I was expecting to discover. I already thought I know all there was to know about LD fighting, so I was quite surprised to find that I didn't know the first thing about dreaming.

Questions.

What is a Night Stalker's True purpose?

Initially, I assumed they were just shit disturbing greifers, much like you will find in any online video game. People who delight in tormenting others. That may be the case, but I learned such a great deal from those encounters, I'm wondering if their true purpose was to teach. And if not teaching, then

for practice. The learning curve was just so much higher interacting with them than in my subsequent dreams where I'm exploring these concepts by myself. You have not only your attention to deal with, but someone else's as well.

Why terrorize dreamers?
Either for teaching or for practice, it creates a scenario where the rules of engagement are implicitly understood. Fight or Flight, things couldn't be simpler. There is no need to set up rules or goals, which saves a lot of time.

Do they know how to cause real damage?
Either they know how to hurt people for real, and choose not to, or they have no idea how to do that, and I just stumbled upon it as a fluke. Were they trying to teach me and I took things too far? Or was it something they just didn't know how to do? I'm thinking they don't know how to hurt people for real. Mainly because I took to these practices like a fish to water, and it wasn't long before I consistently outclassed them in a very short period of time.

So there you have it. Send the guys with the butterfly nets to stick me in a padded room. As crazy as it sounds, the rules that came from it work, all the time, every time. Frankly I'm amazed at how little opposition this thread has gotten. I have to assume it's because these rules are so self evident, you can't argue against them, which is why I'm leaking this dirty little secret now.

> [Vortex: Cusp, have you considered the possibility that they are inorganic beings who are feeding off of your attention?]

They were too clumsy for IBs. They made very human mistakes. You could see when they lost lucidity or focus. One minute they are hunting me down, the next they get distracted by something in the dream. Plus the timing matched my challenges exactly.

> [Oneiro: Come on, Cusp.. lots of different types of IBs in-dreaming..]

Perhaps, but IBs aren't likely to suddenly lose lucidity like that. That's a human failing.

> [Oneiro: Well.. I would beg to differ about that..]

I'm still quite sure they were real people rather than IBs.

> [tommo: Did they teach you how to stalk? and are you saying these are people IRL that have mastered their dreaming skills so that they can enter other peoples dreams? If you know how

> to do it, enter my dreams anytime from tonight to next friday night. THAT INCLUDES ALL YOU OTHER NIGHT STALKERS TOO!!!! Oh and Cusp, I see you're over at astral dynamics.com , Do you believe in that too?]

No, I don't know how to do that. Yet. But I'm a lazy bastard. I'll get around to it eventually. In regards to the AD site and OBEs, I'm not sure what I believe. I tend to think it's just a dream, but I'm starting to think RL is just a dream as well, so who knows? But I have very little experience in that area. I just go there to get the hippie perspective from time to time.

Dream Sharing scenario

> [tommo: haha ok fair enough. Anyone heard of that bigfoot being captured thing goin around? Good example of the attention thing. I just wonder, if they went to the media and said "we found bigfoot" and they were like "yeh we don't care", nobody would ever bother trying to create these hoaxes. Tell the truth Cusp it was you wasn't it? haha nah but what is that rumour/hoax thing you were going to do? thought of it yet?]

Not yet. Really I just wanted to put that out there because it's a good analogy of how dream control works. There is very little difference in what's happening with those stories and what happens in a dream. They are both active on so many levels, it's hard to get a clear picture of of how much impact they have.

The Dream Sharing Scenario

Now as for this shared dreaming nonsense, I don't expect most people reading this to believe it. If you don't that's fine, but for the sake of this discussion, consider it a theoretical scenario. The implications of those three rules of dreaming under those conditions, where two dreamers are interacting, are just easier grasp. It's easier to learn to play chess against an opponent than by your self. Your biggest opponent is yourself, but it's hard to imagine how much we work against ourselves in dreams. The idea of an opponent helps clear things up. Someone just posted this dream about a lucid DC. To me this looks like an example of some possessing superb knowledge of dream control. Just consider the possibility, it makes it easier to identify specific instances or opportunities for dream control sequentially. Wether they are actual shared dreams or not doesn't change how these rules shape the dream in the least.

> [Mini0991: Last night, I had an LD where I think one of the dream characters seemed to be just as aware of it being a dream. I was in my front yard and I got lucid, probably from an RC, can't exactly remember. I approached a girl standing in my front yard and asked for, well, I'm sure you all know. Her reply was to grab me and throw me straight over into the neighbor's driveway! She had enough strength to lift me from the ground over her head! It popped into my mind that she was probably as lucid as I was, as I layed on the ground. I looked over the

> wall that's in our neighbor's driveway and she walks away, and in her place a bear appears and attacks me! The bear comes to my right and takes a missed bite at my right arm! I run from it, shoot at it, and soon two are following me. I run into the other neighbor's yard, stop near the pool, and one of them falls in. I pull out a pistol and start shooting the other one as I run for my yard. I climb up on the swingset ladder, and shoot the other one dead as it's on its hind legs behind me. Soon after, a dinosaur comes from across the field and that wakes me up (or gets me into an FA, can't remember exactly). I could be wrong, but I think the DC was probably lucid and did this as a reply to my proposition! There was just something I suspected that she made the bear appear, so it would attack me. Or it could be that I read about one childhood nightmare about a bear being in the closet during a WBTB. Did you ever have the experience of DCs having as much control over the reality as you do?
> ...Her reply was to grab me and throw me straight over into the neighbor's driveway! She had enough strength to lift me from the ground over her head! It popped into my mind that she was probably as lucid as I was, as I layed on the ground.]

That would seem like a normal reaction for any good lucid dreamer. But let's consider that this girl really knew what she was doing, and she also knew this guy was a fellow dreamer. She knows it's a shared dream even though the doesn't. And he's pissed her off enough that she wants to make an example of him. In order to ensure that he receives his lucid butt whooping, she wants make shure he doesn't wake up. Spinning is often thought to be a good way to stop from waking up, because the intense motion helps creates additional focus points to keep things stable. Picking the guy up an throwing him would have the same effect as spinning, keeping him anchored, or even trapped, in the dream. It's actually much better, because spinning is too disorienting. Flying through the air and crashing into hard pavement is going to make things feel pretty damn real.

> [Mini0991: It popped into my mind that she was probably as lucid as I was, as I layed on the ground. I looked over the wall that's in our neighbor's driveway and she walks away, and in her place a bear appears and attacks me! In a shared dream scenario, that would be a superbly skilled and stylish use of the second rule. She knows that she doesn't even have to bother dealing with this guy directly. She provides him something that will completely capture his attention, and she knows it will grow out of control as a result. Which of course it does. The guy focuses on the bear so much, it splits in two! Everything after the introduction of the bear element is a clear example of attention growing out of control as a result of the second rule. The scariness of the bear probably invokes the emotional element of the third rule as well, making it even more effective.]

Maybe the bear was just a result of him reading about it, but I submit that people don't necessarily see the same thing during shared dreaming. All she needed to do was create a general purpose localized threat, and his dreaming attention filled in the details. Nothing trumps the fundamental rules of dreaming. Everything we experience is a direct result of our own personal schemata.

> [[Alpha]-0mega-: Wasn't there a general rule that things in dreams when lucid, are like you expect them to be? As in, when you eat a chicken it will taste like what you think chicken tastes like.]

Sort of, really it comes down to what schemata you have active in you mind, which is not necessarily what you might be expecting. For instance, the word "NOT" has very little meaning in your dreams. If you were to say to yourself in a lucid, "When I open this door, there is NOT going to be a blood sucking vampire standing there!". The "not" won't help since you've already invoked the image of the vampire, which in all likelyhood is exactly what you'd find.

> [[Alpha]-0mega-: But then again, some of your other stated "rules" aren't exactly 100% valid either.]

Well that's pretty vague. If they don't seem valid, you probably just don't understand it yet. Tell me what you have a problem with, and I'll do my best to better explain.

> [[Alpha]-0mega-: This is one of the things that make me believe in Shared dreaming, as there is no reason for her lips to taste like peach, and I'm sure as hell my pillow doesn't taste like peach.]

You should read up on Archetypes. There is every reason for her lips to taste like peaches! Peaches have a very fundamental feminine association. It can mean boobs, or even the fuzzy peach.

> [brainstorm: wouldn’t your dreams reflect your beliefs whether or not they were true? Isn’t your mind going to introduce these concepts in your dreams as you understand them?]

Knowing that's the case is the first step to avoiding that situation. But this thread has nothing to do with belief, I'm not asking anyone to believe anything. Besides, this is not what I was expecting to find. I already thought I knew everything about lucid dreaming before I started this. I've since had to start over from scratch and relearn everything. Wouldn't it have been easier to come up with a scenario that that matched my pre-existing body of knowledge? It sure would have taken a lot less work... It's not just in my dreams that reflect these rules, it's every dream, every time. I didn't make them up, they were already there waiting to be discovered. Show me any dream that was recalled with enough detail, and I'll be able to walk you through it's development step by step. If I am delusional, then as a self fulfilling fantasy, you gotta admit it's pretty tight. Or maybe you believe I'm making this up. Especially after that post I made about rumors. I am one of the one responsible for keeping that Night Stalker thread alive. Perhaps the shared dreaming thing is my rumor. In which case, that would make it an incredible example of my rules for dream control being applied to the to the waking world. I maintain that I'm just trying to describe the truth as best as I can see it.

> [anomanderis: This morning I was lucid for the longest time ever. And I lost my lucidity 5 seconds after thinking that... As soon as i became aware of the length (even though it might've been a short period, since we all know time can get funky) of my lucidity, it started wavering. Before it had been very constant, almost as if i was not aware that i was lucid, even though i was. One could argue that it was semi-lucidity, but that's not what i felt (remember). I remember being fully lucid. I was lucid, but didn't put attention on the time. Almost like when going into a trance i learned how not to pay attention to salivation and then i didn't need to swallow anymore. The most stable one I have ever had . . . until that one fateful thought.]

Sounds like a less extreme form of introversion, without the waking up.

> 2. Introversion: The dreams realizes they are dreaming and are so amazed, excited and thrilled by this fact that they focus all their attention on that thought alone. What that implies, the realization of what's happening, what's possible, all these thoughts direct a sudden rush of your awareness inwards to deal with all these mental machinations, which creates a corresponding vacuum in the dream around them. With no attention to sustain it's self, the dream collapses and the dreamer wakes up.
>
> [anomanderis: It seems that to lengthen my lucidity, I need to push the point of introversion as far as possible until i get rid of it.]

You might not have to get rid of it, you could try to balance it out. I'm sure if you had that thought while you were running, you wouldn't have had that problem. Of course it's kind of hard to stop those kinds of thoughts from arising at the wrong moments. But there is a process to waking up. Things fall apart first, and if you can catch that happening, you might be able to counteract it.
[...]

WARNING!: Fourth rule incomming!!!
Lol, I started off with two, now I need four. Actually the new fourth rule isn't anything new. It's been an integral part of this discussion all along. I just feel I need to stress the importance of schemata and personal representation systems. It definitely needs it's own rule. But that's the last one! I'll figure out how to word it later, because really it's part of rule 2. Or maybe it should be a sub rule to rule two. Or maybe I should just get some sleep (and hopefully some practice) and worry about it tomorrow.

> [Timothy Paradox: A question about the emotions: What if you meet a person you're in love with in your dream? How will it affect the dreamscape?]

Your love for that person will cause them to become a central element of the dream, and the rest of the dream will form around them. This turns out to be a thorn in your side more often than not. You

will have nice dreams sometimes, but if you've ever gotten into an argument with that person, that scenario stands a good chance of playing it's self out again (or some approximation thereof). Your concern for their welfare or safety will also manifest unpleasant scenarios. If you keep a DJ, do a search for "mother" or "father" or anyone else you you love. You'll find that the majority of the time, the dream goes bad in some way. You need freedom to act in a dream, and people like that will tie you down.

> [anomanderis: Had an amazing lucid this morning. Just indescribably vivid and beyond real. When I reached the point of introversion, I could feel it. Feel my awareness reaching inwards and lack of focus on the dreamscape. I took this as a cue to give my mind as much sensory input from the dreamscape as i could and i stabilized my lucidity. When I started losing it I was holding snow in my hands. It seems that every time I have something in my hands (strong sensory input) my lucidity does not end in me waking up (unless its a false awakening), but in entering a new dream, though i've still lost my lucidity almost every time.]

THat's awesome! I'm glad it's working for you. Feeling it like that is really important in ways I can't describe at the moment. I know what you mean by losing lucidity. Often I will relinquish my lucidity in order to stabilize the dream, and forget to get it back. Trying to focus lucidity seems artificial at times, and it can be good to slip back into natural dreaming to stabilize things. Starting a fresh new dream after the point of introversion is only natural. Things were fading away, and there was likely not much left of the original dream. So the dream has to start over, building off of what you have your attention on. When that happens, try to see how the new dream is related to your area of focus that salvaged the dream. I've been a little lax with updating this thread the past few weeks. Had a bad case of writers block, and a loss of focus. I have three articles in the works for this topic which I'll finish soon. Plus I haven't been lucid in well over a month, but broke that streak last night in a lucid where I concluded that dreams are no different than reality. To give a recent example, I saw a guy yelling at a little girl yesterday who was about the same age as me niece. Now my 19 month old niece is currently obsessed with pinecones (which I think is due to their inherent sacred geometry). So I walk into my building, thinking about my neice because that scene I just witnessed captivated my attention, and there in the middle of the hall is a pinecone. Call it coincidence or synchronicity, but I say it's the second rule of dreaming in action.
My personal schemata associates pinecones with my niece, and by thinking about her, that's the path it took. I've lived in this building three years now, and I've never seen anything laying in the hall.

> [shift: Wow, NONE of my dreams about the people I love are like that, I've only had about 3 such nightmares, and usually when I am worried about someone like they are expressing suicidal thoughts or I know they are doing something dangerous.]

I didn't mean to imply they would be nightmares, only that they tend to tip the scales towards the negative. Worrying that someone you love is doing something dangerous is a perfect example. It's

hard to avoid having those thoughts, lucid or not, and worrying about something in a dream creates a high likelyhood that it will happen. THose kinds of attachments limit your control, be they positive or negative. But only because that is what you use for control, so loved ones tie up your resources in a manner of speaking.

> [The Enterer: Cusp, what is it about these two characters that makes you so sure that they are seperate from your own psyche?]

It's very simple. They are able to use these dream control techniques I've been talking about, and they don't respond to me using them like a regular DC would.

> [risingprmc: So Cusp I have a question. I have little trust in people (emotional aspect) and when I go through my day to day I seem to be on auto-pilot. You know like when you stare into nothingness and your eyes adjust and sort of only see the outline of things, thats how it is for me everyday. So I visually dont really concentrate on anything, theres no attention to detail. I dont talk to anyone unless I need to, im a sociopath I guess you could say, so my interaction to the world is minimal. Going through the day like this and based on what Ive read of your dream rules, do you think my attentive disconnection from the real world would have an impact on my ability to dream control, based on your attention rule? Especially since we tend to interact in our dreams the way we do in real life, as far as behavior patterns are concerned?]

Based on the rules, I would say your dreams would tend to be unstable. Things would disappear quite frequently and there would be very little continuity. Also your ability to spontaneously become lucid would be greatly deminished, so you would have to rely on reality checks and ILD methods to get lucid. You would probably wake up a lot once you get lucid due to this introversion

I don't like talking to people either, but I would suggest trying to increase your awareness. I think that is the difference between natural LDers and those that rely on methods. Naturals are more aware of their surrounding

> [jimmie: I have found in dreams and in real life that if I focus really hard on getting something to happen, it doesn't work. In the dreams, objects don't move, I don't fly. In real life, I get too caught up in the details and lose the overall goal and the lessons any problems are teaching me. However, in my dreams and real life, if I make my intentions strong towards my goal, and let the method be determined by the environment, or the dream, I can and do succeed.]

Yep, you have to keep your eye on the prize. Concentrate on you goal, and not how you're going to achieve it. The trick is not to get distracted. There are a bazillion things that can easily distract you, you just have to practice not letting your attention wander.

> [jimmie: That is why I brought up Milton H. Erickson, because a lot of what he talks about is how your beliefs assist and restrict you, and how you can change them. That is also why I brought up my theory on thought, because my belief in the answer gave me the answer (thought I didn't recognize it when I saw it), and my disbelief kept the answer from me. -Jim]

Thanks for that, Jimmy! I'll be sure to look into that guy. I've been meaning to look into hypnotism to see how it ties into this. I get the feeling i could use these rules alone to hypnotize someone, but it's hard to find a volunteer who I can approach with this.

[...]

Fourth Rule
Thanks to everyone for keeping this thread alive while I've been out of it with allergies, flu and back pain.

Rule #4: There is no random in dreaming. All changes and newly created dream elements follow our own personal schemata and archetypes without exception.
Let's take the ocean as an example. What comes to mind when you think of the ocean? Sand, beach, boats, seagulls, seashells, salt, waves, fish, whales, pirates, fishing, your uncle Jim who lives by the ocean, ect. It would be impossible to make a complete list, because these things we associate with ocean are always changing. But there are main ones that are more likely to come through in a dream than others. If you dream of the ocean, any of those things may appear in your dream. Where did the ocean come from? Maybe there was a travel or vaction theme before that, which has an association with the ocean. The thing that really makes dream elements seem random is that we can focus on several different things at once, so these influences overlap each other. Continuing with our ocean example, let's add another element. Say, the general theme of family (perhaps there was a family reunion element earlier in the dream, or even in RL). The associations with family would be Mother, Father, brother, sister, cousins, aunts, uncles, ect.

So now we have

- Ocean: Sand, beach, boats, seagulls, seashells, salt, waves, fish, whales, pirates, fishing, your uncle Jim who lives by the ocean, ect.
- Family: Mother, Father, brother, sister, cousins, aunts, uncles, ect. Since Uncle Jim belongs to both those categories, you can almost guarantee he's going to show up in your dreams.

Lets take it one step further and add an third, emotional element. Let's say your uncle Jim is a drunk bastard who pisses you off, maybe even scares you a little when he's really hammered. Other family members who evoke those emotions may show up in you dream. And since Anger and Fear are associated with violence, perhaps the sharks from the ocean theme will start eating people. Actually, they would most likely attack your family members due to the emotional attachment (rule 3).

There are a great many associations we make with each element or theme, but when multiple elements are in play, it's the associations that all of them have in common that will manifest themselves. Each additional element you focus on will narrow down the possibilities.

Psychic Energy?
These last few posts about "Psychic energy" only illustrate the differences between personal schemata. I would say The Enterer has a broader and more developed schemata of what psychic energy is, while those riding his ass have a much more simplistic set of associations with the term. Words are only descriptions, they are not fact. You have to have some understanding of where people are coming from, and that goes for both sides.

Advanced Vision Techniques and Hypnotism

Visual Representation Systems
This seems to be a good follow up to the fourth rule. Consider the following video: According to that vid, people subconsciously look to the top left when remembering something, but look to the top right when required to create a mental image. This seems to be universal for everyone, and could aid with summoning in dreams. If you wanted to summon something from memory, logically, you should try to make it appear on your left side. You want to create something in a lucid, try to make it appear on your right side. He also discusses more specific visual patterns (sub-modalities), like how close or how far, how bright/dark, color versus black and white. How people you like or dislike appear, and specific locations of where they appear in your vision. If one were to visualize their lucid dream goals while awake before hand, you could note the visual specifics to try and recreate in a dream. You could create an actual visual mapping system to facilitate you lucid goals.

Hypnotism
That first video is in response to Darren Brown's NLP (Neuro-Linguistic Programming) system. Watch any of the associated vids to get a better understanding of what is happening. I've suspected that these rules could be applied to hypnotism, and this Darren Brown guy uses every one of my rules in his techniques. I consider this next video a great analogy of what happens in dreaming. What's better is how he applies it to the waking world, seemingly confirming my hypothesis. They break down how he does it at the end, and it's sheer genius.

[...]

I haven't updated this thread in awhile because I've been busy experimenting in my dreams. Everything I've talked about so far I've verified thoroughly, but as this discussion progressed, I was moving into theoretical areas which I wanted to test out before I came to any conclusions. It's slow going, but I'm still working on it. So far the visual techniques have provided me with the best form of control. Simply looking around is the most powerful form of control you can perform, and you will

never gain true control unless you understand that. I also just applied to be a guest on Coast to Coast AM. I know George Noory is into dreaming, and the shared dreaming elements as well as applying those rules to the waking world is a perfect topic for that show. Wish me luck!

[...]

> [Valwen: As you said, something that exists might take influence on your world. If things exist outside of your attention, there are most likely a great number of them since it doesn't make much sense that the only thing existing outside of your attention might be a football or something like that (even if there are few things existing outside of your attention, that itself shows their insignificance). If there are a great deal of things existing outside of your attention, it is very likely that at least one thing would somehow influence your world. Thus if you find your world being influenced in a way that doesn't make sense given what you are paying attention to, for instance you're eating dinner and a car drives through the wall, you can conclude that things exist outside of your sphere of attention. If you can find no evidence of such occurrences, you cannot conclude rule 1 absolutely, but with a good amount of certainty, as much as certainty as you may have concluding just about anything about dreaming.]

I never thought of it like that, that's a good point.

> [spockman: I disagree, Valwen. Not in the conclusion that if one thing exists outside of your attention, then many things do. That is fine logic. What I disagree with, is saying that if you are eating dinner and a car crashes through your window that you can conclude things exist outside of your attention. You most certainly can't conclude that. All it means is that a stray thought conjured up a car. Your dream-world is not an independant holo-deck program. It is not it's own scape, or even some realm that exists in your sub-concious with it's own little realities. At least, I'm fairly certain that it's not. In context of our dreams being synapses and thoughtwaves, something requires our thoughts to exist in a place entirely made of thoughts.]

In that scenario, you're eating dinner. Presumably you have a window for the car to crash through. What's outside that window; your yard, your driveway (with your car perhaps), and both of these lead to the street which is made for cars... All it would take is for a noise outside to capture your attention. Then you listen more to figure out what it is, maybe you hear some tires squawk or an engine. Mix in an element of tension or danger, and voila, car through the window. There is a clear cause and effect chain that is anything but random. Once you recognize what is happening naturally in a dream, you can use it for control.

Hell Realms

I stuck this in the beyond dreaming section, but it really belongs here. It's about how different people could each individually recreate the same dreamscape.

[...]

Why do we become lucid?

If I had to sum up the control techniques I've been trying to explain, it would be "focused awareness". Even if you're not purposely doing it, it's still happening anyways. The things you are aware of build your dream world. So in essence, it's safe to say that dreaming is all about awareness. Clearly, some people are more aware of their surrounding than others. I would go so far as to say that those who have a greater awareness are generally more successful in life. Adults are obviously more aware than children, yet children develop into adults. Awareness is something that grows with us. What's important to note there is that it can grow. It can also decline or be suppressed by things like alcohol.

Lucidity is a byproduct of heightened awareness.

Naturals

So called "natural" lucid dreamers simply have an above average awareness. But even naturals have room for improvement. Plus this type of heightend awareness is not neccesarily a constant thing. It can wax and wane.

Techniques

There are a ton of methods to become lucid. It seems someone invents a new "ILD" method at least once a month, which really cracks me up! These techniques do work to some degree, but there are so many available to choose from, it can be a daunting task to choose one. The sheer number of techniques is too messy. There just shouldn't be that many. Yet they all do work. To simplify things, let's consider what they all have in common. Be it plain old reality check where you stop to look around, plugging your nose and trying to breath, trying to put your finger through your hand, or waking yourself up to think about lucidity before going back to bed, the one thing they all have in common is that you break away from your regular routine and become more aware for a short period of time. The varied techniques just give you a focus point for that awareness. It's this momentary increase of awareness that trains you for lucidity, not the actual technique. Like with any other muscle in you body, the more you use it, the stronger it becomes.

Dream Yoga

I found out a bit about buddhist dream yoga recently, and at heart, it seems to be just an extended reality check. Instead of just giving up once know you're not dreaming, you try to sustain that heightened awareness. It would seem to me to be much more effective than doing a random technique a few times a day. Going with the muscle training analogy, it's more like a full workout rather than a few sit ups.

When you're getting close...
As your awareness grows closer to the critical mass required for lucidity, you should start to notice signs that your efforts are paying off. A lot of people get really close without realizing it, which must be really frustrating. Here are some signs to watch for that might indicate you're getting close to becoming lucid.

- -Talking about lucidity or dreaming with DCs, or even just thinking about it.
- -Recognizing that you've dreamed of something before.
- -Using powers from previous lucids without being lucid.
- -Waking and re-entering the same dream.
- -Recognizing that things are weird or not right, but still not getting lucid.

There are a ton more, really it could be anything where you get close to lucid. Watching for these signs in your dreams can let you know when you're getting close, and a lack of them can let you know when it's time redouble your efforts or try something new.

[...]

> [Arutad: @TheCusp But in what way would you become "more aware" of your surroundings simultaneously? You'd start seeing more things around or what? Either you're aware that you're asleep or not]
> [gigaschatten: Awareness is what you want to have in dreams and it's either present or absent, but not somewhere in between. It's like being dead or alive, either you are or you aren't.]

Everything that is alive is aware of it's surrounding to some degree. A person is going to be more aware than something like a worm. An adult is more aware than a child. There are varying levels of awareness. Lucidity is just a road sign to let you know where you are at. "You are now entering Lucidville, Population: you!"

Ever been in a fight? In those moments before it happens, when you it's going to go down, you become hyper aware. Ever been hungover? No so aware. Now I'm going to have to write a piece about what awareness is, and that ain't gonna be easy! Suffice it to say for now that there are different ways to deploy your awareness. You could have an expanded peripheral vision, zoom in on something in a sort of tunnel vision, become hypersensitive to sounds or smell. You can focus on one thing so much, it doesn't leave room for you to be aware of anything else. For instance, I'm certainly not aware enough at the moment to tackle this subject. Or perhaps it's just that my thoughts are too scattered at the moment, and I lack the proper focus. Either way, I'm not ready for this just yet.

[...]

RL magic explained as a method of Dream Control

Magic is using the dream state to your advantage

So far I've tried explain how dream work in general without getting into too many specific methods of control, and also touching on how they might apply to real life. Now I'd like to do the exact opposite, and show how to use RL methods of control in dreams. This stuff is still new to me and I've been having a hard time conceptualizing different ways to focus my awareness. Fortunately, the idea that reality is a dream is thousands of years old, which has given people plenty of time to figure out how to use it. Any type of magic that might actually work could only function as the result of life being a dream, and would use the rules of dreaming. So I'm going to explain how every single type of magic works. I don't expect anyone to actually believe me when I say that **life is a dream**, all I ask is you consider the following an analogy of dream control. People once believed the sun and moon were gods. The type of magic I'm talking about here is the kind that can turn a god into a cold rock or ball of burning gas. Which is still pretty powerful stuff, depending on how you look at it, which is exactly the point.

Magic, There can be only one...

Any type of magic that could possibly work in the real world does so only because life is a dream. Therefore, they should work exceptionally well in dreams. There weren't as many types of magic as I though there were, but each one makes for a perfect method of exerting control over your dreams. If you understand what's happening.

Shamanism.

Might as well start here, since shamanism is where I learned of LDing. I'm going to use Carlos Castaneda as an archetype for the genre, which in essence about controlling awareness. Wether his particular story is true or not, there is a goldmine of info in there on how to skillfully work with awareness. It does mirror a lot of what I've been trying to explain so far, but is based on the ability to see energy directly. He also claimed that our wold was just one of many, existing along side each other like the layers of an onion. The world we inhabit is just the result of a habitual way of deploying our awareness. I only recently understood that by figuring out how identical hell realms could exist for different people. (Hell Realms) One last thing from Castaneda's work I'd like to note is a distinction he makes between the Sorcerers of Antiquity, and Modern day Sorcerers. The old school wizards were hellbent on replicable results, and developed overly elaborate rituals and methods to obtain them. The modern day sorcerers are more about kicking it free style.

Make that three...

Stage Magic

Your run of the mill stage magic works pretty much exclusively with the first rule of dreaming. Everything requires your attention to exist. Mix in a bit of redirection, and that's all there is to it really. Your dreaming attention is what fills in the blanks for optical illusions, in the exact same

manner as things get created in your dreams. Magic is using the using the dream state to your advantage. While stage magicians perform mere tricks, there is still some magic in what they do.

Next we have the three basic types of magic distinguished by anthropologists: (Italics taken from here)

Homeopathic Magic
Homeopathic Magic is based on the assumption that like produces like. It means that if some form of action is performed on something, it will have a same impact on the intended real thing. This school of magic clearly all about rule 2.

2. The more attention you give to one element, the more detail it creates in relation to what you are focused on.

Sympathetic Magic or Imitative Magic
Sympathetic Magic on the core principle that if it is performed on some object(s), the same would happen to the person or object which is under influence. The relation is made between the objects based on the presumption that one can influence something based on the attachment. This school of magic takes advantage of the third rule.

3. Any new elements or changes follow strict personal schemata and archetypes.

These schemata and archetypes are the sum total of links between one main theme or object, and the things related to it that define it. This school of magic works directly with those links.

Contagious Magic
Contagious magic supports the notion that if a person has contact with certain things, they will influence the person who is under contact with those things. The most common example of this type of magic can be seen in use of voodoo dolls. Voodoo dolls are attached with a part of fingernails, hair or teeth of the targeted person. The voodoo doll, then is assumed to be the person himself and it can be used of to hurt the victim. This type of magic falls under black magic, since it is practiced to cause harm or injury to others.

All rules in play for this one.

- Rule 1 Everything requires your attention to exist: Good focal points to make things real
- Rule 2 The more attention you give something, the more related detail it creates: Again good focal points.
- Rule 3 Any new elements or changes follow strict personal schemata or archetypes: Obvious associations present.

- Rule 4 Strong emotions are a powerful force in shaping your dreams: Emotional element Involved.

Who's counting? Getting even more specific

*** Divination**

Seeing or predicting things under divine influence and intervention. That definition kind of blends into ESP, so let's take Dowsing as typical example of divination. Finding water with a stick, classic! Lets start with an excerpt from this article on brain function to better understand what's happening.

> ...What's even more remarkable about our brains is that they actually search for new things to make part of this feedback system. Imagine you are poking a stick into an animal's burrow. As you poke away, you are aware of what the far end of the stick is touching, not the end you're holding in your hand. This kind of extended sensation appears to be the result of a reorganization of the brain. Scientists have found that when test monkeys spent five minutes learning how to use a rake, some of the neurons in their hands began behaving in a new way. They began to fire in response to stimuli at the end of the rake, not on the monkey's hand. Other neurons, in the brain, respond to things that appear to lie within arm's reach. Training the monkeys to use the rakes caused these neurons to change—reacting to objects lying within rake's reach rather than arm's reach.

Like the magic wand, or even pointer sticks used in schools, the dowsing rod is simply meant to focus awareness. Not some mystical magical energy, just plain old awareness. I think that's why there are so many old paintings of Jesus holding a magic wand. To show that he was focusing his awareness. Any of his miracles would be easy to do in a dream. While following a stick around may seem like a useless dream skill, I think it could be both a useful and fun way of finding things or people in dreams. Up until now, I haven't come up with a reliable way of finding people for my shared dreaming attempts. I think using this stick method will help with that big time!

*** Ceremonial or Ritual**

This depends on religion to religion and is generally performed for both positive and negative purposes. This involves but isn't limited to removal of spirit possession, prosperity, injury to some party or parties, better next life form, etc. These types of magic work within certain predefined contexts, as allowed by the third rule of dreaming. People expect magic to follow unchanging physical rules and work like a machine. But the rules it follows are schemata and archetypes. Take the Crowley type of cults, Order of the Golden Dawn ect. It involves reading and memorizing tons of books about gods and demons, which they invoke in their rituals. It's everyone learning the same stories that creates the common ground where the magic can happen. Buy building up specific archetypes, they are able to come up with ways to use and manifest them through ritualized focus of their attention.

It's the same kind of magic that allowed for the rise of rap music. They created a complex culture or system, complete with awareness focusing techniques to make things happen within that system. Successful hip hop artists are magicians are sorcerers. Explicit knowledge of that system give them the ability to make things happen within it. It's basically like a religious person calling of Jesus to save them in a dream. Of course going to come to someone with a well developed religious archetype. But you might not always want jesus's pacifist style. If you were to familiarize yourself with greek mythology, you would have a whole array of gods you could call to, each with unique bents of character and specialties. If in a dream you have slow legs or need to run faster, invoke Hermes, or even the Flash for that matter. But it only works if you know hermes is supposed to be fast with those winged sandals on his feet. If you don't know Thor is the god of thunder, you won't be able to use him to strike down your enemies. They require a well developed, stable schemata system to function in.

*** Thaumaturgy**
Thaumaturgy is a term which denotes the art of magic which invokes supernatural powers
Good old Invocation! Equivilant to yelling lucid commands (More light!) but with the power of a god behind them, and is just a more simplistic and focused form or ritual. Lucid commands fail because you have no well developed precedents for doing impossible things to draw on. Invoking specific gods, saints, whatever with a solid background to them is a lot more reliable.

*** ESP**
ESP is the power to perceive things which are not present to the senses
That definition is a little vague as well. But it seems to be awareness focused in a certain way and the good old dream rules. Remote viewing could be explained by the second dream rule, the more attention you give something, the more related detail it creates. Which describes precisely what happens with remote viewing.

*** Theurgy**
Theurgy is a part of white magic performed with the help of spirits. It is basically performed by Neoplatonists to bring in supernatural or divine intervention in human affairs. Another form of Invocation within predefined set of archtypes.

*** Tantra**
Tantra was introduced by Hindu and Buddhist religions. Tantra involves use of elements such as mantras and mudras (spells) from Vedas (sacred texts) recited for getting things done magically. An even more basic form of Invocation, functioning in much less developed, simpler archtypes.

*** Voodooism**
Voodooism is a religious cult which involves use of voodoo dolls, witchcraft and animistic deities for inflicting effects on selected targets. Voodoo in and interesting one in that it's so brutally simple and

direct. I find voodoo one of the best schools of magic that applies directly to dreaming, and it uses all four rules very well. First you have the freaky fetishes that are meant to capture and focus your attention. They are usually made from bone, feathers, dead things, invoking the image of death and using the emotion fear to fuel the magic. Voodoo dolls are a mere focus point for your attention as well. They say voodoo only affects you if you believe in it. That's not quite true. It only affects you if you focus on it. That's why the general tools of voodoo are somewhat theatric in nature. You don't need to believe you've been cursed, but if you think about it all the time, that is the curse.

*** Alchemy**

More than magic, alchemy was considered to be a science, very rare people new during medieval times. Alchemy was supposedly performed by alchemists who had the ability to turn ordinary metals into gold. There's a lot of hogwash out there when it comes to alchemy. First, it's lead into gold, then nooooo, it's transmuting yourself, then there's all this philosopher's stone crap. None if it sounds like dreaming to me, but the general theme of alchemy is transmutation. Transmutation makes a pretty kick ass dream skill, but I don't know enough about alchemy to find anything that applies to dreaming. I guess intense emotions would be the best way way to transmute things. Although if you're into Calvin and Hobbes, you should have enough of a well developed schemata in that area to make a working Trangmografier in your dreams.

*** Necromancy**

Necromancy involves conjuring up the dead for prophesying or delivering a sermon. Necromancy is performed along with use of evil spirits to produce supernatural effects in the world. Ok, I don't know how reanimating corpses has anything to do with dreamng. I suppose it could be a fun in a dream, but not very productive or useful overall. An undead army could come in useful now and again, but they are just as likely to turn on you. Plus it implies even worst things for them to fight. I will say this about zombies, they don't reproduce through infection, bites or viral diseases. They multiply through attention they command, which is true in dreams, in movies, and even accounts for the existence of so many zombie movies. As for working with dark spirits, just more invocation within a predefined system.

*** Occult**

Occult means beyond ordinary understand and which is difficult and hidden to see. Chaldean, in the occult philosophy is referred to the person skilled in occult learning. Well, that's a little general to work with. But then I guess it can be difficult to see how life is a dream.

***Prayer**

Same as most of the other magics, invocation within a predefined system.

Conclusions

- -Devices that focus your attention in dreams can be useful. Using a magic wand as a general purpose tool while dreaming should in theory make everything easier.
- -Taking advantage of well established systems and archetypes will greatly increase the chance of success for whatever you are trying to accomplish. They can also provide links to things that might not otherwise be accessible to you.
- -Understand how focusing your awareness, like on a voodoo doll, fetish or totem, affects dreams through the second and third rule of dreaming. It doesn't have to be a voodoo item, it can be anything in your field of vision.

There was too much ground to cover here to go into as much detail as I would have liked, but I'll be happy to answer any questions.

Here's an article on attention.
A couple more articles.
Attention and Awareness in Magic: Turning tricks into science
Magic tricks reveal gaze and attention not always linked.
And this short video, The psychology of attention in magic.

Confidence

Some common advice on dream control is to be confident in what you're doing. I've never understood how you are supposed to be confident. I always thought of it as something you do, like straightening your back and speaking in a certain manner. I now realize confidence is an emotion, and treating it as such makes it an all purpose tool for dream control. Again, the stronger the emotion, the more effect it's going to have. Should work for RL as well. Was an epiphany for me, just never thought of it as an emotion before. Another weapon to add to my emotional arsenal.

Paycheck the movie

I saw the movie Paycheck for the first time last night, and it's all about the kind of dream control I've been trying to explain. Actually, it only uses the second rule of dreaming, the more attention you give something, the more related detail it creates. Ben Affleck even sums it up once he figures out what's going on, saying something like "By getting me to focus on certain objects, it changes the outcome." I don't want to ruin the plot for anyone who hasn't seen it, but that movie is a lesson in using the second rule of dreaming for control. It's what the entire plot is based on.

Magical Reality Checks?

In light of what I've learned from RL magics, mainly they all take advantage of schemata in some form, lets take a another look at what happens when you do a reality check. Say you decide to do a reality check every time you walk through a door. Remember, we're working with systems of associations that define things. For a door, you have the door frame, a door knob, maybe a lock, different styles of door and different materials, wood, metal. The sum total of these things is your conception of what a door is. There are major and minor associations, for instance a door is almost always going to be in a wall, but it might not always have a christmas wreath hanging on it. What happens when you do RCs everytime you pass through a door is that you begin to forge a new association for the concept of door. A link to lucid dreaming. The goal is to make LDing as much a part of the concept of door as a door knob is. Hell, if you can make it the main purpose for a door's existence, so much the better. When you dream of a door, it automatically gets assembled according to your own personal concept of a door. By altering that conception and making LDing an integral part of it, it also creates opportunities for you to become lucid. So doing occasional reality checks is not really enough, you can never look at a door in the same way again if you really want it to be effective. You have to fundametally alter what a door means to you. Which is pretty much the basis behind most of those types of magic I went through earlier.

Containers

I've stumbled upon another little dream control gem. Haven't used it enough to master it as of yet, but I think I've got a grasp on the general concept. Nothing in dreams is independent, everything is connected to something else in some fashion. People usually don't just dream of vampires, first they dream of a spooky old mansion or castle, which then leads to the vampires (RL influences aside). The beach sand you walk on in a dream of the ocean is not independent, it's fundamentally linked to the ocean. Or both the ocean and beach can be viewed as individual elements of an nautical theme. When trying to exert control over a dream, sometimes it's best not to treat what you are trying to control as an individual element, but to think of it as part of something else. Say you have a glass of water, and you want to move the water to the other side of the room. Trying to pick up and move just the water is going to be almost impossible. It's much simpler just to pick up the glass that contains the water and carry that across the room. The same holds true for dreams. I'm at a loss to come up with specific dream examples, as the dreams I had on the subject were very confusing, but that's how it works. It's basically just a little shift in the way you conceptualize things, but it opens up a lot of finesse for dream control. Perhaps you'd dream you're in a classic hell scenario. Instead of battling each of the countless demons individually, you could just freeze hell over, taking care of all of them at once. Just like carrying the glass of water.

And on an unrelated note, the Feb 27th Coast to Coast AM show got into dreaming, and the guest Rosemary Ellen Guiley really knows her stuff when it comes to dreaming. I was seriously impressed. Her website gets into all kinds of fringe stuff, but damn that woman knows her dreaming. She even got into shared dreaming!

[...]

> [FunkTion: My main Crit is that: ‘Rule #4: There is no random in dreaming. All changes and newly created dream elements follow our own personal schemata and archetypes without exception.’; is wrong ... Shouldn't it be ; Dreams and dream elements can be produced either by our subconscious (normal dreaming) or by our conscious mind (lucid dreaming). If you want to create a complete model of dreaming there are probably a few obvious but elementary factors you should note...]

I don't see how your point differs from mine. Both the conscious and subconscious assemble dreams in the same manner, by using archetypes. Since this happens naturally in normal dreams, or subconscious dreams, I'm trying to illustrate how to use that in lucid or conscious dreams. I just read something about three major types of archetypes. Personal archetypes, which hold meaning only to you, Social Archetypes, which hold meaning to a specific group of people, and Universal Archetypes, which are pretty much the same for everyone. I think it's important to make the distinction as to which type you're trying to use in a dream, as each one has different implications.

> [cam666: i read all of it. excellently articulated. so many of my thoughts on the questions of dreaming spellout for me in a few pages worth of info. very well done. and the totality of existance, as you hinted towards earlier up, yields great contemplation too. havent formed a concrete thought about it yet]

Emotional dream control on TV's Fringe

Thanks for the praise and the bump Cam.

Anyone watch the TV show Fringe? Last night's episode entitled "Bad Dreams" was about exercising emotional dream control. I couldn't have asked for a better demonstration of how it works. Even if you don't watch Fringe, that episode is worth finding if you're interested in dream control. Actually the character in question had a decided lack of control, like someone in a regular non lucid dream, and his emotions influenced the behavior of everyone around him, exactly like it happens in dreams. I recently learned the difference between REM dreams and non REM dreams. It seems non REM dreams we are less prone to having strong emotions than in REM dreams, where strong emotions run rampant. Of course that distinction is not absolute, it is possible to induce strong emotions in NREM dreams. It's just that generally speaking, dreamers in NREM experience a low emotional state. Which is just as well when you look at what happened to that guy on Fringe last night, also considering the majority of dreams happen in a non rem state.

> [Mzkcc: I don't watch Fringe regularly, but my suitemate does. I saw last night's episode, though, and couldn't help thinking about this thread in particular. And, yeah, this thread kicks ass. I do have one gripe, though. In your theory that this reality is simply one giant

> shared dream, how does death play into that? The more I think about it, the less the concept of death, and dying, fits in with the rules. I would go into more detail, but I would like to know your thoughts on this matter first.]

Death? Well you see... Ummmmm... Uhhhh... Pfffft, I don't know. Never really gave it any thought. Perhaps it giving up, where you no longer have the desire to sustain certain things with your attention. With sudden death it would be grievous wounds, with old age it would be your broken down body, and with suicide it would be all those shitty things you make bigger than life by focusing on them too much. After death? Maybe you find new things to focus on? Slip into another dream like the transition between sleep and waking? Ask me again after I'm dead.

[...]

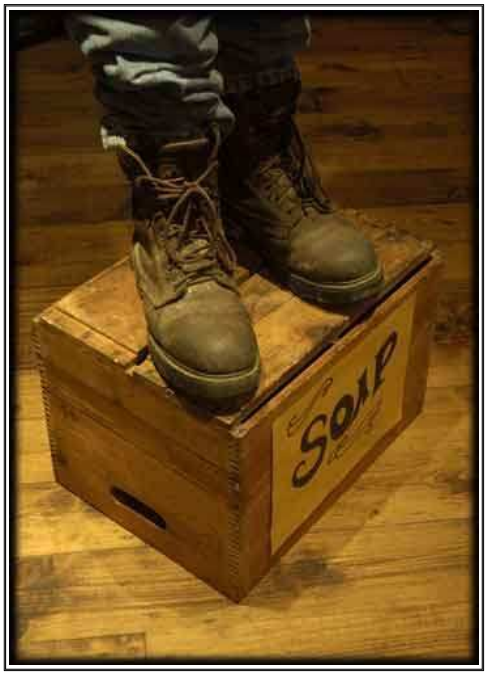
> [DrewFever: They both had good points though.]

What, that people aren't smart enough the think for themselves? Even the more questionable aspects of this thread were valid metaphors for dream control. Besides, it's too late to debate that now. This thread has been hovering around the top page of this subsection for over a year now, and with over 17000 views, the "damage" is already done.

> [moonshine: A significant proportion of the discussions are unquestionably "beyond dreaming". DV makes an effort to seperate what science has proven and understood from what amounts to - at best - "personal belief systems". In my view we shouldn't be contaminating the main boards with this these kind of discussions. People will be even less likely to accept Lucid Dreaming as legitimate if the boards are contaminated with Spiritual and Cultish chatter. DV has provided a sub-forum for those who wish to indulge in the same. The respectful thing to do would be to make use of that forum, instead of taking a strange

delight (ChaybaChayba!) in the fact that some benefit of the doubt has been given. Up until now.]

I get a kick out of how much this thread offends you. Try using this next time...



Lol, I really appreciate you bumping this thread for me Moonshine. They say there's no such thing as bad publicity. I say everything requires your attention to exist. You'll be happy to know I'm working on a "clean" version of this tutorial. In the meantime, if you'd care to debate any aspects of this thread you don't agree with, please feel free to do so. But to bash the whole thing on principle alone makes me suspect you're harboring resentment because of the argument we had over non-rem dreams.

Give it a rest Moonshine, nobody's moving anything. I didn't plan this as a nefarious plot to sneak in the concept of shared dreaming. But I don't feel that I came up with those ideas for dream control on my own as much as I'd like to take credit for them. So I had to mention where the inspiration came from. I wanted to be honest even at the risk of sounding crazy. You're starting to sound like one of those militant vegans who try to browbeat everyone into seeing things their way.

[moonshine: So are you adding clairvoyance to your list of powers now?]

In the thousands of years mankind has observed the various mountain ranges on the earth, never once have those mountains gotten up and danced the Macarena. Is it not a logical deduction to assume they are not going to get up and dance the Macarena anytime soon?

> [moonshine: I'm not convinced. Theres a difference between mentioning where you learned the info, and laying out the nightstalkers legend.
> ...and then dream sharing.
> ...and psychic energy.
> ...then magic, shamanism and wizards.
> Just sayin']

I don't recall mentioning anything about psychic energy. As for the rest, sure, but you present it out of context. The only point I was trying to make was that those rules of dreaming seem apply to the waking world as well, which would imply that the waking world is nothing more than a dream. As much as you may claim to disagree with that statement, here you are using those very rules in a RL scenario against me.

1. Everything requires you attention to exist. That also implies that if you don't give something attention, it will cease to exist. You're only focusing on the more outlandish sounding aspects of this thread while ignoring the more pertinent points. I've invited you to debate these things, but you doggedly refuse to acknowledge anything beyond your narrow point of view.
2. The more attention you give something, the more related detail it creates. In every post you've made so far, you're just repeating yourself, adding nothing new or relevant to the discussion.
3. All change and new elements introduced strictly follow archetypes or schemata. You're attempting to transmute this thread into something it's not by invoking the generalized archetype of psychic phenomena with all it's associated ridicule.
4. Strong emotions have a devastating effect on shaping your immediate environment. Your derisive attitude is the icing on the cake.

Well done! You might have succeeded against someone not as well versed in the subjective nature of reality, but in this thread you attempts are akin to pissing in the ocean.

> [moonshine: If that is truly your only point, then this thread should most definitely be moved to Beyond Dreaming.]

Then why don't you try holding your breath until that happens?

> [moonshine: DV makes an effort to seperate what science has proven and understood from what amounts to - at best - "personal belief systems".]

This thread is at heart all about personal belief systems. They are an integral part of dreaming, and you can't study dreaming without taking that into account.

> [ChaybaChayba: Love your thread Cusp, it only keeps getting better and better, this is were all the true info on dreaming can be found! This is on a totally different level than all those other tutorials, compared to them you're like the Einstein of dreaming and they are the scientists from the dark ages.. be careful to not get burned on the stake someday tho.. lol.]

Your being burned at the stake analogy is very fitting all of a sudden. Moonshine is certainly trying...

> [kellyowo: how do i redream a dream ????. Please reply xxXxX]

Just think about it as you're falling asleep. Try to remember as much detail as possible, like you're about to write it down in you DJ. Happens to me quite often when I'm too lazy to get out of bed to take notes on the dream. I try to memorize the details as I drift off and usually end up continuing the dream. HypnOgogic Imagery could interfere with that process by introducing other random themes, so it's not 100% guaranteed to work. But then again you don't always go through the HI stage, so if you keep at it you should be able to re-enter the dream eventually.

> [moonshine: I've another idea. Why don't you stop giving me attention and see if I cease to exist?]

Actually, it's high time I do just that. If I hadn't bothered to respond to any of your posts, you wouldn't still be posting this crap. Like I do with annoying DCs, I'm now going to ignore you into oblivion. Not literally of course, but you're not worthy of my attention, so for all intents and purposes, you no longer exist to me. At least in this thread. I may still burn you when you start spouting your crap in other threads. It's just too easy and hard to resist.

> [Arutad: “Everything requires your attention to exist.”; That's untrue. Consider all those cases when you were doing something, and then suddenly a dream character would walk up to you whom you haven't seen anywhere in the vicinity previously. Where did he come from? He certainly didn't require your attention to become existent, he simply appeared and started to act without your invitation.]

If it wasn't true, then that would imply that the dream world is a stable world just like RL. That is clearly untrue. Those dream characters that appear from nowhere do not have a previous history or existence, except for recurring characters. Where did they come from? They were spawned from personal archetypes or schemata. They did not exist before you layed eyes on them or otherwise conceived of them in some dark corner of your mind.

> [Arutad: Therefore it's not true that everything in a dream requires your attention to exist. Many elements of a dream are enacted subconsciously, and whatever made them existent and

> whatever makes them act in certain ways is out of control and doesn't operate through your attention.]

The initial posts I made in this thread were far from complete, so perhaps I wasn't very clear initially. Your attention is merely the trigger or catalyst. What it triggers are archetypes, so focusing on the ocean for instance could yield anything form sea monsters to tidal waves, anything you associate with the ocean. There is a lot of randomness involved in which direction those archetypes might go, but emotions do limit the range of possibilities.

> [Arutad: If you had a different belief, things would be different. Take a person in this thread who made a tsunami disappear by ignoring it, it's obvious that it worked this way because he expected it to work this way. In other words, it's normal dream control, you achieve what you expect to achieve.]

Saying what you expect to happen actually happens is the single biggest misconception about LDing there is. Even the most experienced LDers experience countless failures while attempting things. If they didn't expect those things to work, they never would have tried it in the first place. It's not expectations that limit people, it's archetypes. I'm reminded of one of TwoShadows' LDs, where she repeatedly tried to pass through a solid wall but kept smashing into it (that image cracks me up!). It wasn't her expectations that failed her, she tried like hell. It was the well developed archetype that solid objects are just that, solid. In order to override that particular hurdle, one would need to supercede that archetype of solid matter with one of something less substantial like mist, or something equally relevant to that individual. A physicist might use the space between particles, while someone into astral projection might use the insubstantial astral body. Saying control relies on expectations is close, yet innacurate.

> [Arutad: So for testing purposes I stared at my hand during a LD. I stared at it and stared, and it proceeded to look the same. I stared more and more, then considerably more, and finally my little finger changed its color slightly.]

What did you expect to happen? You succeded in producing a change in the color of your finger. Hands are a fairly stable archetype. Had you been prone to warts in RL, you might have seen warts. But we experience very few variations in the appearance of our hands throughout our lifetimes. Perhaps if you had focused on the discoloration in your finger and then checked the rest of your body, you might have seen discolorations on the rest of your body as well. The very first time I looked at my hands in a dream (and only time) I saw various things flashing in and out of existance in the palms of my hands like flipping through the pages of a book, like when you make animations in the corners and flip the pages. There was money, keys, sticks of gum, food, everything and anything I might possibly hold in my hands. That's what an archetype is, the sum total of associations with a certain subject or idea.

I appreciate your attempt at trying this out, but that one example is like saying just because you saw one car on fire, that all cars catch on fire. I've experimented with this thouroghly in several lucids, as well poured over other people's DJs. Next time instead of your hands, try looking at some squirming insects, even better if they are stinging insects, and see how fast they multiply. The classic tooth dream is a great example if a rather extreme one.

> [Arutad: In fact, this method proves that it works in an opposite way: it made my hand look like the normal hand for a considerably longer time that it would if I didn't stare at it uninterruptedly! My last statement can easily be checked by looking away from something in a dream for a while and then looking back at it, in this case the object you looked at will show new details or will otherwise be changed. Interruption does introduce new details, but uninterrupted staring impedes this process.]

There, you've said it yourself, you didn't allow for any dramatic change to occur. You were limited to the first rule that everything requires your attention to exist, thereby maintaining a solid image of your hands. I don't think we disagree on how those changes take place. THat's one aspect I never got into much, mainly due to the lack of discussion that took place in this thread. I thank you for speaking up, and also welcome anything else you might have to say on the subject.

Also Arutad, perhaps your focus was too narrow. I was always assuming there were were several elements in play. Perhaps you were so intent on your hands that in that particular dream that everyone of those elements had to do with your hand? If you want to play with your hands, do it in the cold snow by a warm fire. Then concentrate on your hands switching between the cold snow or hot fire as your secondary focus. It brings in the new element of certain physical sensations which are often absent in dreams unless you are otherwise paying attention to you body.

I also assumed there were themes already play, dream locations, characters, story lines, ground sky and everything in between. Then throw emotions into the mix, and you a whole other range of possibilities. You zoned out everything but your hands. You have to let some other element in to work with, otherwise all you're left with is everything requires your attention to exist. If you were to try with your hands again with only a few elements in play, you'll start to notice the unique range of possibilities every area focus offers, visual or otherwise. Certain themes that you can find or induce in a reliable manner. But fewer elements means fewer possibilities available to you, so having multiple elements in play grants you multiple ways to fine tune your control. The number of elements in play isn't as important as the ability to balance them out as needed. Or just travel through them, bringing in new elements and letting go the bothersome ones to see where it lead you. It's in that context I say everything requires your attention to exist, the more attention you give something the more related detail it creates.

I thought I was done writing stuff in this thread, but you guys got me thinking about something I asked in my original post, "Do emotions require your attention to exist?"

I'm thinking emotions are ways to focus attention, independent of where your attention is placed. We focus on different specific things in every emotional state. Going with the ocean archetype again, you have a huge amount of things associated with that concept. If you're focused on the ocean scene enough that it's creating an ocean dream, any number of thing related the ocean might appear. That's a lot of possibilities. But only a few of those possibilities are going to be associated with strong emotions. This limited number of possibilities creates a predictable result. Emotions are powerful means of change in dreams because they determine or rearrange how you focus on things. Now I want to end this rambling by saying dream control is exactly like refining a search engine query for something obscure. There are a lot of possible results for both search engines and dreams, most of them spam. But combining the right mix of words or elements you have in play, you can find the specific result you desire out of a seemingly limitless number of overall possibilities. Some elements bring you closer to your goal, some don't help so you remove them from your querry.

[...]

I moved this week, don't have easy internet access hooked up yet, so haven't been around much.

> [Licity: Cusp, a related question I wanted to hear some input on: Often, when an archetype comes into play, there is some action in the dream before the switch(i.e. things happen before my teeth fall out). What would you say the delay is due to? The brain is working slowly enough that there is noticable time before a change? The brain slows down changes to the dream on purpose to preserve the flow of the story? Something within the archetype relating to speed? Something else entirely?]

That's something I'm going to need to look into more, the art of change. Thus far I've just taken for granted that change does occur. I haven't studied where and under what circumstances change takes place yet. But I think the timing issue is just a matter of waiting for an opportunity for change to occur. Keeping a dream stable is a balancing act of focusing your attention on certain elements and avoiding or dealing other less desirable elements. So generally speaking, change will occur when you attention becomes unbalanced. Either too much on one element, causing it be grow and become more real, or not enough on other elements, causing them to become unstable. As Arutad mentioned, things do tend to come out of nowhere. Off the top of my head, the three big change inducers are

-Looking away from something, then looking back
-Looking really close at something allowing change to occur outside your field of vision.
-Just looking somewhere new.

> [Arutad: When you dream you don't normally have consciousness and any directed attention to speak of. It's a play of your subconsciousness. Yet you can remember yourself in buildings and rooms that seems stable, you have characters speaking to you on their own. You don't do it, your attention is not involved in the process.]

I think we always have consciousness. We are conscious during the day, and any non lucid dream seems like reality at the time, so I don't really see a difference. We react to our environment, make decisions, ect. The subconscious just determines the landscape we inhabit. The consciousness is always there dealing with it.

[Arutad: But that's what I'm talking about. There is a place in your mind that creates them, and it doesn't require your attention, it doesn't require you to be aware of what it does. It makes dreams on its own, attention is not involved in supporting them. I'm saying that because that's my experience, not because I'm thinking it theoretically.]

The conscious and subconscious are always in play. The consciousness directs what for the subconscious will take.

[Arutad: An example would do. Usually if I LD in my apartment I want to go out, so I jump down through the window. Windows are usually closed. I had no problem jumping through them for a long time, never felt any obstacle on my way. But once I tried to run through and banged my forehead on it. I was surprised, tried again and banged my forehead again. Then I stepped back and remembered how I never had troubles before. I actually thought that no matter what happened, now that I remember that I never had troubles before and have certainty of success, I won't fail. And I jumped through the window with no problem. My certainty of success was an expectation, and it changed everything.]

That wasn't expectation. You defaulted on the archetype of matter being solid because that's the most active and well defined one you have. You get more data confirming that in RL than any other model. Then you overrode or invoked a new archetype, the formed from your previous experiences passing through the window. The most likely reason you were able to pass through that window in the first place is because you were more focused on flying than on the obstacle solid matter might present. That forged a new archetype that you are now able to draw on by focusing your attention onto it, and becomes more reliable the more you use it. Another reason I think expectation isn't accurate is because of the word "NOT". You walk around in a lucid repeating out loud "There are NOT going to be zombies, there are NOT going to be zombies...", while looking around to make sure there aren't any zombies.

It would be a pretty safe bet to say the average person in going to encounter a zombie in that situation. Trying to preemptively negate zombies in that case still invokes the zombie archetype, causing the very opposite of your expectations.

> [Arutad: I regularly look at various objects in my LDs, not only at my hand. The same. You look at something, it remains what it is. You look away, it changes. The problem is that it doesn't work the way you think it does. You don't need to look at something to let it change, you need to look away from it. Of course looking at something will work too, but only because you expect a change, not because you look at something. It's the same old dream control, you expect associated details or things to spring up and it happens. It doesn't make it "a law" of the dream-world. And it's not the nature of dream control in general, it's the rule of your personal dream-control that you created for yourself.]

I think you misunderstand. Directing your attention is not limited to the visual range of sensory input. It can be a feeling, a concept/theme/idea, a sound, a smell, a memory. What you look at can be a very minor part in all that. It's things that catch your attention and stick in the back of your mind that count. I never really got how change occurs. Seemed almost redundant since dreams are so full of change. I completely agree change occurs when you look away. When I said change occurs by focusing on something, I meant focusing on something new. I still maintain this thread is not about my personal control system. It's a general purpose system that transcends all belief systems. It allows you to take advantage of your own personal system, and whatever that may be is of no relevance other than incidental to this discussion. A dream is a dream. Whatever your beliefs they work in somewhat predictable ways you can take advantage of. I'm doing my best here to sum up those generalizations in terms that will apply to everyone.

> [Something Else: In my time working with emotional disturbed young men this became quite apparent. Often times a small trigger could set off a boy. The trigger might be something as small as a similar type of boots that a person wore that were similar to one of the boy's abusers (this is a real life example and did happen). Such an environmental trigger would start to set the boy off in an emotional storm, sometimes instantly but sometimes slowly. A trained professional can watch as the boy gets slowly more and more unstable as minutes and hours go by until going into an emotional episode. In the early stages the boy might not even know there is anything wrong, might not even make a conscious connection between the boots of the new person and the boots of the abuser, but the subconscious does and starts to produce anxiety. Later the anxiety grows, but like I said a trained professional that knows the boy well and knows signs to look for might even be able to realize that the boy is going to have an emotional episode even before the boy does because the boy is not consciously aware of his emotions yet still they are there lurking below the surface subtly affecting the boys behavior. Hope that makes sense. My posts get kind of long but I like to be clear. Thanks.]

That's a perfect example. The kid focuses on something with a strong emotional attachment, the powerful emotions magnify it's effect and start dredging up related memories which snowball out of control as he focuses on each new one. It's exactly what happens in the classic tooth dream scenario.

> [Something Else: I wonder if it is important to distinguish between strong negative and strong positive emotions. I personally can think of ways in which strong positive emotions have helped me in real life and in the dream world (or so it seemed at the time). But I would definitely agree that strong negative emotions could have a negative impact. I am glad that you mentioned how your mood while you were in one room seemed to affect the mood of others in other rooms. I do think that moods, energy levels, and emotions are transferable and contagious.]

I don't see the need to distinguish between positive and negative emotions, it's the intensity of the emotion that counts. They each have their uses. As a teacher, you have to be both friend and disciplinarian.

> [Something Else: As a teacher I know the value of matching and then raising the emotional mood of the classroom. If I go in with too high energy when teaching a low energy class, I will go over their heads. If (and this rarely happens) I go in with too low energy when teaching a high energy class then I will go under their heads. The important thing is to get everyone on a similar energy level and then raise them together by just being slightly higher than they are. I have to say though that I do believe that body positions and voice tone and rhythm do play a role in this, but I do think there are other contributing factors too, some of which might seem psychic.]

Seem psychic, but I think it's just other ways or levels in which you capture and manipulate your student's attentions. Body position, voice tone and rhythm are good examples, but like in a dream, there are countless other ways you can do it. One of the most effective methods I've seen a teacher us to gain control of an unruly class was to slam meter stick down on someone's desk as hard as he could. Talk about getting your attention! Come to think of it, many of my teachers had unique ways grabbing and manipulating the student's attention. One could silence anyone with just a look. Another knew how to direct the other student's attention against you as a weapon in order to cow you into submission. A less subtle one was one teacher would fry up the cow brains we discected for the class to eat. All examples of directed attention which I think relate to dream control

> [Something Else: I can’t quite figure out why I have a problem extending, stabilizing, and intensifying lucid dreams. I know that you have talked about introversion and maybe that is my problem. I don’t really ever seem to get lost in too much detail unless maybe when I am flying but that seems to be a fairly universal problem.]

A stable dream requires a balanced focus of your attention. Becoming lucid upsets that balance, and sometimes you need to make a few corrections. The easiest thing to do might be to reset to your basic defaults though motion, which implies both your dream body and an environment to move around in and react to. Reestablish the basic framework, where you are, where you're going, what you're doing, what's happening around you. You may even need to do that several times. I usually keep moving and doing crazy stuff like in the movie Crank. It keeps things stable, but holds me back somewhat because I become a little too involved with the environment which makes me more prone to distraction. It's give and take really. Exerting control necessitates upsetting stability.

[jimmie: Dreams are a creation of our subconscious and conscious minds, correct? And these are formed by our own beliefs and experiences, right? Then it seems Night Stalkers can be as much a part of that experience as anything. I know several people who have dreamed the same dream at the same time (from their separate points of view). Which would be an important part of dream control, if it can be controlled. So it seems to fit quite well in this thread. Night Stalkers may just be one person's experience with certain types of dream phenomena, but if learning about Dream Control came from the experience (which it does appear to), then Night Stalkers fit well within this thread. Did the Night Stalker portion contain some information that some people may not agree with? Like the idea of shared dreams? Yes. Does that make it any less valid? Well, I don't like lawn Gnomes, but that doesn't mean other people should throw them away because I would. And I don't like hard core mathematics. It's too theoretical, and not practical enough. But by golly, though I don't see directly how we would benefit from it, some people manage to make it work, and change science (see: Einstein). It isn't that mathematics is proven correct. In fact, Physics will tell you that mathematics is an exact model trying to model an inexact world. It is good to know where information came from so you can create a more full context for it, and place it in your own mental box. However, Moonshine, when you try to place it in everyone else's mental box, you are attempting to short circuit their method of learning for your own. As for Shamanism and Magic, etc., these are belief systems. Belief systems color our dreams thoroughly, and alter how we can control them, and which methods work best for us. This is a thread on Dream Control, so it is still quite a valid topic. It is nearly impossible to construct the idea of how beliefs affect our dreams without giving examples of beliefs affecting dreams, and also nearly impossible to give good examples or even pass along knowledge clearly unless it comes from your own belief system and experiences. Have you ever played telephone? That game is an example of why just passing on knowledge without experience can degrade quickly into nonsense. So while you are attempting a forum control here, Moonshine, you are really just projecting YOUR OWN beliefs onto this thread, which is exactly what you are arguing is the problem with this thread. It might be better if you took a less hypocritical standpoint when you post to threads. -Jim]

Thank you Jim. That was very well said.

[...]

Ok, seriously, I was saying the same damn thing though out the entire thread. I mean there there are only four rules and I went on about it for 14 pages! Lol Yes I repeated myself, but I did so in different ways, using different tacts, trying different directions and archetypes. What I was trying to express was not an easy thing to get across, and I used a variety of metaphors that I hoped appealed to different people. Some people really liked and could relate the BD stuff, other's hated it. But that was the point, and an integral part of what this thread has been about. If parts of this thread appeal to someone while others don't, that's what I was trying to do. You're not missing out if you don't like or can't understand certain sections, they all say pretty much the same thing (but it evolved a bit over time). I used varied approaches to try to get through to a wider audience, but I hope the underlying ideas I was trying to get across remained constant through all of it. I just provided several lenses that focused on the same thing. If a certain perscriptions hurt your eyes then just use the ones that work for you.

> [Atlantic: One thing I don't understand is dream transitions or discontinuities. When you focus on certain things, instead of developing inside the same dream, they require a change of scenario. You go through a black patch and you transition to a new dream. Now why is that?]

Possibly because your thought process becomes internalized, and you don't have enough attention externally to sustain your surroundings. It seems like a sudden transition because you have one single archetype populating a blank slate, so it only seems more dramatic than usual.

> [Atlantic: I've been playing around with a theory, so let me put it to you. In waking reality, we have our perceptions, which are external, and our thoughts, which are internal. They don't really mix.]

Actually they do mix. Your inner thoughts determine where you focus your outer perceptions, the exact same way as in dreams. In fact they limit them, because like in dreams, you can't be aware of anything that you don't have an existing archetype for.

> [Atlantic: In dream reality, we don't have perceptions, and we do have our thoughts, which are completely externalized as pseudo-perceptions. So actually looking at your dreams means looking at your mental contents, but externalized, or clothed with a sensory appearance taken from our store of memories. Does this sound plausible? BTW, this does not necessarily mean that our dreams are subjective - they are just as subjective or objective as our thoughts are, that's all.]

Very well put.

> [Atlantic: In both cases, your belief system is the main limitation on what you can achieve. But whereas in the dream world, you can make immediate and visible changes, the material world is much more resistant to change, and your thought will change it over weeks or months rather than seconds.]

RL only seems more resistant to change for the same reason those sudden transitions seem so dramatic, because they are the sole source of influence on a blank slate. In Rl, there are billions of other people exerting an influence as well, so it only looks like your individual contribution is meaningless. But there's still gotta be a way to have direct influence over reality. When you focus on an archetype and it manifests it's associations, those new manifestations don't become the new source of change until you shift your focus onto them. So I'm thinking that by utilizing the manifested properties of the general archetypes the population is focused on and not the archetypes themselves, then those areas below the focus radar should allow you to exert change over the real world. All I know for sure is I've got to start being more careful about the types of women I fantasize about, because they keep appearing out of seemingly nowhere!

> [Atlantic: What you are saying about archetypes ties in with something I read in Huxley's The Gates of Perception. He argued that, rather than being an organ of thought, the brain was a "reducing valve" (I think he was using a plumbing metaphor!), whose role was to reduce the flood of information provided by the five senses to manageable proportions, by a process of filtering related to our previously acquired conceptions of the world.]

I suppose that is what I'm saying.

> [Dannon Oneironaut: These principles operate in physics also it seems. It seems that as scientists focus in on subatomic particles it just gets deeper and deeper and more detail unfolds to them. It is like they are chasing the mystery but their attention keeps creating it at a deeper level. At first it was atoms, then it was electrons, neutrons and protons, then it was quarks and positrons, etc. Then it was waveforms where particles are in no particular place but just where the observer expects them to be. And this opens the door to alternate realities. But, In a dream I had microscopic vision and I zoomed into a cobblestone and it unfolded fractally.]

Relativity and the Uncertainty principle apply to dreams the same way they do to reality. You cannot fly faster than the speed of light in a dream (wormholes and teleportation doesn't count!) I don't think there is an irreductable God particle in the physicial universe. According to the dream model, there will always be more detail the deeper you look. That goes both for the microcosm and the macro cosm. The phrase "as above, so below" seems to apply here, but I don't want to get into that right now.

> [Rafito12: I know its been almost three years since the last reply was made to the thread but for the sake of it let me include some of my thoughts. Cusp I would love it if you are still suscribed to the post. Three years of experimenting with these ideas im sure would have given you some more very interesting insights.]

No worries, this thread never really dies. And it will only have been two years this spring.

> [rafito12: I would like to know if anyone is familiar with the book "Conversations with God" by Donald Walsh.]

I've heard of it, but had no idea that's what it was about. The title kind of put my off, but the concept of God isn't so far off as a metaphor. It's just the closest pre-existing archetype that embodies many of the relevant aspects. The idea of God isn't a useless concept, it makes a great template archetype for dealing with the unknown, but you just have to be willing to modify that archetype to fit the circumstances. Many people are resistant to change in their ideas of god, or their archetypes are so massive and well established that it's almost impossible to change them.

> [rafito12: 1.Awareness of being in a dream like state
> 1. Everything in the dream requires your attention to exist.
> 2. The more attention you give to one element, the more detail it creates in relation to what you are focused on.
> 3. Emotions play a very important role in dream control
>
> hehe sounds like im paraphrasing what Cusp has said before, but these are all rules that this book puts forward albeit not as concisely.]

Realy? He says that? It's good to have independant confirmation! I'm going to have to read that, especially since I want to write a book on the subject and I need to check out my competition. I didn't think I had any!

So how can reality be manipulated like a lucid dream? firstly, an awareness that this waking life is just merely a dream has to be in our minds...this awareness also has to come with a realisation that this dream is a creation of our universal body's mind (again crap word but you get the meaning) and as such we have absolute control over it.
For starters you need a lucid awareness in your daily life. Basically what I tried to say here:

. . .

Castaneda's "Not Doing"

*Ok, I realize this subject involves Castaneda, and the first instinct most people have is to shove this into beyond dreaming. But paranormal and supernatural doesn't necessarily mean bullshit, only that

there isn't enough scientific knowledge to fully explain what's happening. In this instance, I've believe I've come up with a very logical and relevant explanation, so don't anyone fucking dare shove this into the bullshit section. I believe this topic can be discussed rationally and would really appreciate hearing what normal "sane" people think of this concept. And thanks to SpiritOfTheWolf for making me think of this. That's why I love this site.

So many people with so many different views really gets you thinking. When going over your dreams, you find TONS of dream signs that should have tipped you off that you are dreaming. But they usually don't, we go along with them like we're on autopilot or something. Learning to recognize those dream signs is a minor form of "not doing". I recently heard that the average person spends about 85% of their day on autopilot. To use a dreaming analogy, that means we are only lucid about 15% of the time on an average day. The rest of the time we react out of habit, which requires absolutely no conscious thought. That autopilot is the exact opposite of lucidity. Those percentages are reflected in our dreams, which is what makes it difficult to get lucid. To increase the odds of getting lucid, we need to drastically cut down that 85% of autopilot time. This is what "Not Doing" was designed to do. "Not doing" consists of consciously not doing all those things we do mindlessly out of habit on autopilot mode. It doesn't necessarily mean not doing all those things, it can mean doing them differently. It can be as simple as brushing your teeth with your left hand instead of your right hand. The point is you have use conscious thought to come up with something new, thereby breaking up those extended periods of autopilot syndrome. This will slowly increase your amount of RL lucid time and diminish the amount of time you spend in mindless autopilot mode. All reality checks are in fact a form of "Not Doing". The problem with reality checks is that they are limited to one small portion of your daily autopilot routine. I would think that even the most devoted reality checkers only manage to lower the percentage of autopilot time by a few points.

The goal should be to get that percentage of autopilot time from 85% down to under 50% in order to acheive real results. And asking yourself if you're dreaming isn't even really necessary, only staying conscious. This method should not only increase the frequency of your lucid dreams, but also considerably extend the length of them as well.

. . .

You have free will, but you need to be lucid to use it.

> [Atlantic: When I am with other people, I feel them deforming my personal world view and perception - they really tug it out of shape. This is very clear when I take a walk with one other person. Their effect on the conversation is most noticeable, but in fact the exact same effect takes place at the level of perception, even if no words are spoken. But I think exactly the same thing takes place in dreams. You can have totally subjective dreams, but most dreams are shared, not only with other human beings but with a host of other creatures.]

Your timing is uncanny. I've only just started noticing that happening in my dreams last week. Had two separate dreams where that was happening. I would encounter suspect fellow dreamers and my attention would jump like a scratched record, or like you're trying to click on something with your computer mouse and the cursor suddenly jumps halfway across the screen. But I don't want to discuss that too much here, I'll make a thread about it in BD. As for in RL, I can feel that happening as well. It's one of the main factors in determining the company I keep.

> [Atlantic: So I think you've got it wrong in this respect. Sometimes in the real world we have the place to ourselves - nobody else is around - and we are still not capable of changing it at will. And sometimes in dreams, we are with others, and we are still capable of making changes at will. So I don't think that being alone or with others is the limiting factor - something else is.]

I don't think physical distance is the limiting factor. Perhaps a radio frequency type scenario, where you only share your reality with people tuned to the same frequency.

> [rafito12: Yeah I know what you mean about the God archetype, i had some real trouble starting the book because of this but once you get into it youll see that this "god" is more of a consciousness...sort of the collection of everyones consciousness kind of thing..in other words much more to do with our minds than the God that sent locusts to Egypt]

What book? You failed to include a link? Sorry I took so long to respond, but I've been loathe to bump my own thread, especially after 26000 views of just me rambling. From what I can tell, reliable dream control stems from stable, well established archetypes. Jesus would be a prime example, but from my theories, Elvis would be an equally powerful archetype.

> [rafito12: When I am with other people, I feel them deforming my personal world view and perception - they really tug it out of shape. This is very clear when I take a walk with one other person. Their effect on the conversation is most noticeable, but in fact the exact same effect takes place at the level of perception, even if no words are spoken.]

It's been noticing that for years now, even before I noticed how dream control affects reality, that I've been choosing the people I hang around with according to how they perceive me. I still don't consciously know how this works, but fundametally, it surely has something to so with shared reality.

> [rafito12: Realy? He says that? It's good to have independant confirmation! I'm going to have to read that, especially since I want to write a book on the subject and I need to check out my competition. I didn't think I had any!]

Well that makes two of us. I've been putting off my book until I hammered out the specifics of shared dreaming, which pretty much hinges on the peculiarites of the shared dreaming experience. I've been pretty lax in my efforts, but as far as I can tell, the only difference between dreaming and reality is the number of people you share it with. I can't help but think my signature holds some clue to reality, shared dream or otherwise.

> [rafito12: I would be interested to know what your personal argument is for your assertion that RL is just a dream like state...what makes you think this is so?]

That isn't some fanciful notion for me, it's a logical deduction. My primary interest has always been dream control. I've never been satisfied with the theory that belief or expectations determines the level of control an individual had, especially since I've had so many experiences that seem to indicate otherwise. Just today at work, I had an old retired dude who just sat there and watched us all friggin' day, because he just had nothing better to do. Normally I would have found that annoying as hell, but because I didn't pay him the slightest attention, it was like he didn't exist.

> [Rafito12: When I am with other people, I feel them deforming my personal world view and perception - they really tug it out of shape. This is very clear when I take a walk with one other person. Their effect on the conversation is most noticeable, but in fact the exact same effect takes place at the level of perception, even if no words are spoken.]

It's been noticing that for years now, even before I noticed how dream control affects reality, that I've been choosing the people I hang around with according to how they perceive me. I still don't consciously know how this works, but fundametally, it surely has something to so with shared reality.

> [kulananda: In some aspect of mind control, changing/chanelling empotions and events is called "refraiming.".]

Reframing things is key to dream control. You only fail when you give up. For instance, instead of trying to increase the light levels in your dream, you could just give yourself night vision.

> [Kulananda: I have never read the secret. Every few years new stuff comes out that reveals the age old truths. And they are age old, since the beginning of time. The laws of reality are constant as far as i know in this cycle of exisctence. In the yoga sciptures is says that every so many years truths will be revealed for the new generations for their benefit and to end suffering etc.]

Same here. I've never read The Secret, yet I feel like I'm intimately familiar with it. From what I can tell of my incidental knowledge of the subject, it sounds a lot like dream control, only it lacks the

specifics of of dream control. But to me, knowing how dream control works explains so much! Of course I can't stress enough the importance of of archetypes, as difficult as it is to explain.

> [flyinghawkins: The archetypes that make up DCs are arranged primarily by their vibration.]

I'm sorry, but this vibration stuff is just too ethereal for me to discuss. It could mean anything, and there's a lot of variation in the ways people use that term. I've gotten away with a lot of stuff in this tread, but I still feel an obligation to keep it somewhat mainstream so as to be of use to the average dreamer. Not that I don't appreciate what the term vibrations can describe. In fact encountering a lower vibration is the best theory I can come up with for the horrifying "slowness" described in this thread, Geometric Night Terrors and Fever Dreams.

> [Flyinghawkins: Luckily, negative thoughts are much less powerful than positive ones... so you have to think about a negative thing for a lot longer before it will begin to seed.]

I strongly disagree with the hippie tree hugging notion that love trumps all, that positive vibes are stronger than negative ones. I've tried to base my theories exclusively on dreaming experiences (mine and other DJ entries I've read), and I've seen no indication that that positive emotions are stronger than so called negative ones. From what I can tell, they are equal in every way. If you think otherwise, I guarantee I can ruin your fucking day to prove it if I have to (but I'd rather not) . It's just a matter of what you focus on. There is a reason the ying yang symbol has equal proportions of light and dark.

> [flyinghawkins: But just like real people DCs are alive and independent unto themselves; they are conscious, not just projection slides in the brain.]

Perhaps. The Logos theory comes to mind, but that really has no business in this section of the forum.

> [flyinghawkins: @ The CuspTo my mind, the problem then becomes having lucid dreams reliably and regularly.]

I think that's almost everyone's problem on this site. It's certainly my biggest problem.

> [Imnewtothis:So, like.. If I were watching T.V or playing a video game.. Everything around the T.V would pretty much vanish and my concentration would move all into the T.V.. Right? :s]

Right. I'm reminded of dreams where I was watching TV and my surroundings faded away until I was in the show. Or sometimes you'll see young kids watching TV, and you can talk to them but they don't hear you.

> [Soulnote: With the first rule, what about things that newly appear as you explore? Like if you are just running through your dream world with you SC mind making things that you don't pay that much attention to. I'm not trying to poke holes in your theory but I am just asking you to elaborate on that.]

I think of those as satellite properties of the main archetype your attention is focused on, or peripheral archetypes. They exist through the main active archetype, until you focus your attention onto one of them and then they become the dominant archetype that drives the creative process in your dreams. That's pretty much the main algorithm of dreams. Main archetype produces satellite associations until one of those associated properties captures your attention and become the main archetype, which produces it's own association until one of those captures your attention... On an on all night. Of course archetypes don't necessarily have to produce something new. They can alter existing elements. For instance, in a recent lucid dream, I was being chased by a motorbike gang. I ran into the woods where I could better ignore them, and a glowy pixie like thing caught my attention. When I looked back to the motor bike gang, they had become an elven army. Obviously I associate pixies with elves and such.

> [Terezrucker: hi I need your help really badly I'm having trouble once I become lucid controlling my dreams for some reason every time I try to control something like when I wAnt some thing to appear or something to happen well something does happen but not what I wanted like the other when I had a dream and realized I was in a dream and became lucid the 1st thing I did was change the setting that's something I'm really good at then I seen a worm in some grass all of a sudden it became like 200ft tall and had a gold crown on it's head i got creeped out so I flew up (flying is a work in progress for me) as I got higher I saw that there were these giant worms all over my deam world infecting it n blowing stuff up then I became afraid and fell out the sky into a lake I was hovering over I began to drown then the big worm with the crown came from the water and a claw came from it's body n he took a swing at me then I woke up so I wanted to ask because things like that happen all the time to me in lds also most of the time the dream won't do what I want it to can u help]

This is a perfect example of the second rule of dreaming. The more attention you give something, the more related detail it creates. The worm hooked your attention, and that focused attention caused the worm archetype to grow out of control. You just have to learn to break away and focus on something else when that happens. The only real control you have is where you choose to focus your attention.

> [WarBenefit156: I have a question, I tried to Earthbend in a lucid dream a couple of days ago and it didn't work. I concentrate a lot on it but not too much. But still nothing happens. Any tips?]

That's a tough one. While looking at the earth, try to impose archetypes that embody what you want to accomplish. Perhaps stuff like earthquake, hill, mountain, bulldozer, chasm or canyon. Anything that is related to how you want to earth to move. Maybe waves like water. It will probably take a lot of work to master it, but you should be able to make at least something happen.

> [Mayatara: There's a famous story that is usually mentioned to represent this: when the first caravels arrived to the American coastline, the Indians didn't see them until they were really close to the shore, because they had never seen anything like it and their brains ignored them at first. It took some time for their minds to even consider these objects as "real" and to decide "wasting" resources to make them "visible" on the Indians minds. The brain just kept the boats invisible and out of the picture until they were so obviously there, the mind had to deal with its presence and recognize them consciously.]

The way I heard it, they didn't see nothing, but instead saw something created from their own personal inventory archetypes. And I'd wager many saw different things while looking at the same boat. I've actually heard more recent examples of this happening on Coast to Coast AM from time to time. Several people encounter something strange and each sees something different yet the same on an archetypal level.

> [Mayatara: When we're awake, we're still half-dreaming, because our brain recreates the world around us in its own personal manner. What I see is surely different from what you see even if we're in the same time and place. It's like a shared dream that has personal areas and overlapping areas. If you point my attention to some object I wasn't seeing before, it becomes real to me to and we're then sharing that dream-like object. Don't forget that matter isn't really real, it is just a cloud of endless probabilities that we collapse with our conscience, our attention, just like we do in dreams.]

Nothing to add to that, you covered it too well.

> [Mayatara: I can fly at really high speeds and I have no problem with that. Once I even flew at what seemed to be the speed of light. It felt like crossing several universes as if they were 2D... Hard to explain. But the dream didn't fade, the images I was seeing of the sequential universes were clear and focused. I even choose one that attracted me the most and stopped there. I think speed limits are only imposed by yourself but they can be overcome if you just free your mind from being worried about creating the next landscape.]

I don't want to get into this too deeply right now, since I logged in to post something else. I'll agree the only limitations are conceptual ones, but I think there might be a couple of rare ones that can't be overcome. "Speed of Light" is irrelevant, since there is no way to measure how fast you are going. So let me rephrase and say increasing your speed indefinitely is impossible, at least in a controlled

manner. I suppose you could get locked into nightmarish fractal loop to adjust for the constant perspective changed needed, but even then you'd only be moving relative to the current fractal which can't really be seen as an increase in speed.

> [Mayatara: I never create the landscape. I simply move freely through worlds I don't take the slightest second of thought creating. Try it]

Oh don't you? Rule 5 says you do! I'm not much of a realm sculptor myself, and my surroundings are not something I micro manage. You don't need to create it all manually, but you do need to remember you have a choice.

> [Mayatara: My own theory on this is that when you're half-lucid you know you're dreaming but you don't think too much about it, you just do things naturally and they happen as you expect them to. When you're fully lucid, your rational mind may take over, not allowing spontaneous intuitive creation to simply work its magic. You start thinking too much about how to make things happen, therefore blocking them.]

I think the dream state is a delicate thing that the subconscious knows how to maintain with great skill. I think bringing full consciousness into the picture overrides that instinctive distribution of awareness, bringing along invocations of real world physics. Only way around it is to learn to merge the two, a common archetype in it's self among the new agers.

> [Mayatara: There is a parallelism between this and attaining enlightenment. Masters are always saying, if you wish and crave for enlightenment all the time, it won't come to you, only when you stop thinking about it you will achieve it. Still, if you never have that goal, it probably won't come either. So the secret is in keeping the balance, a very subtle balance, between knowing you can have it and not thinking that you want it.]

Dream control is nothing if not about balance. I got my best results in my dream influencing experiments when I didn't even get around to "doing" my various means I was using to achieve my ends. I chose my subject to send and said I'd get around to the sending part later. My targets began getting hits before I even tried to send. Are you coming from a magical perspective with that last part? I sounds a lot like some of the magical school parallels I've been researching. Chaos magic in particular is practically interchangeable with dream control on every level.

Ok, Mayatara distracted me for a bit there, but now to post what I came here for. Looks like I have to add a 5th rule.

Rule 5: You are always in control, even if you don't realize it

Nothing really new about this, I've said it before and it's always been a part of dream control and how dreams are formed. But it's a constant, and since there are so few constants in dreaming, that's gotta make it important. Still not entirely sure what the ramifications of this new rule are, if any. Gotta let it stew for a bit, but the fact that it's a constant makes it important enough to be it's own rule. I suppose ultimately it would mean that nobody can hurt you but yourself, which is again nothing new.

The Dark Side of dream control

This is a thread I saw on AboveTopSecret.com which is a conspiracy website.
Somebody posted a thread explaining how they pulled off the miracle of the dancing sun at Fatima. What he described was the the most well polished piece of dream control engineering I've ever seen.

MAJOR SPOILER WARNING, Major System Used for Making Miracles (i.e. Levitation and move) in Religious, page 1

It it's most basic level, the scheme takes advantage of specific visual quirks to make it appear that something is moving when it's not. He outlines the mechanisms for how these work explicitly. What comes next is classic dream control. They train the eyes to do specific visual quirks in response to a tone, basically creating an archetype and trigger combo through repetition. They use a religious context where miracles happen, essentially fine tuning the possible outcomes. The whole thing is dream control on a scale I've never dreamed of. Not to mention the emotional impact of seeing a major miracle in a large crowd like at Fatima. I totally buy it. The whole thing is just too elegant to be made up. Every element fits in perfectly. That thread also made me realize I've totally been under utilizing triggers in my dream control. Of course you wouldn't want to become too reliant on triggers, as you'd be limited to those already prepared, but a few well trained trigger activated dream powers could come in very handy when lucid.

Rewrite?
I've been saying I'm going to rewrite this for a long time now, and I'm saying it again! I think the reason I haven't yet is because the thread format is insufficient to contain what I'm trying to convey. So I'm creating a discussion board dedicated to dream control. The different sections a forum allows will allow me to break the topic up and hopefully keep things more coherent. I also won't hold back on the shared dreaming and real world control applications there. In fact I'm hoping to invite people who practice dream control under other names, so it won't be strictly about dreaming. I mean it's strictly about dream control, but if that means taking tips from magical schools who are basically using dream control, then so be it. I've cobbled together a basic site so far, but if anyone knows about setting up and running a free forum, and also wants to volunteer, PM me!

> [**Zenithar66:** , but i also, from experience know that DC's are not all puppets at all, infcat, many are very logical, and autonomous, almost separate from you, you simply cannot influence certain DC's as far as im concerned. some may even challenge you in your authority and assert there own reality!]

You are always in complete control of your DCs even if you don't know it. YOu just have to learn to recognize how it happens. Most times it's just the context of the dream that determines their behavior, which can be altered. But micromanaging every aspect of the dream and every nuance of a DCs behavior is probably not the best use of lucid time. I'm satisfied to generalized alterations to their behavior.

[...]

Just wanted to link a thread I wrote on Novelty in dream control.

Harnessing the power of Novelty

Everything in dreams is an archetype, and control is accomplished by focusing attention on archetypes. The reliability and outcome of any one archetype is determined by how stable and robust it ss, the result of emotional reinforcement and repetition. But sometimes we can successfully use archetypes that are not very well defined, that haven't been forged in repetition. Why is that? Sometimes we use a dream skill like flying and have it work very well the first few times, only to have it fail on us after having used it successfully in several lucids. Why is that?

The answer is Novelty.

Before I continue, I would like to recap my first two rules of dream control.

- **1. Everything requires your attention to exist**
- **2. The more attention you give something, the more related detail it creates.**

So, what is novelty? Novelty is something that an individual finds interesting or fascinating. Being so interesting, we focus more of our attention on these fascinating elements. It's this increased attention that grants temporary control over elements we would normally struggle with. That augmented attention sustains those novel elements according to the first rule, and fleshes them out according to the second rule. When you successfully use a new power in dreams like flying, only to have it fail in subsequent dreams, it's because the novelty has worn off. It's super cool at first, but after awhile, it becomes "been there done that". Hard to believe anything that cool could could get old, but it does. To effectively utilize Novelty for dream control requires a less rigid and more opportunistic approach. Instead of limiting yourself to a pre-planned method of control, be on the lookout for the unexpected and go with it when the opportunity presents it's self. The results from using novel methods of control may be a little erratic, but that's part of the appeal.

> [Alyarin: II do think, though, that you can use the same powers over and over and over again without issue even after the novelty is gone if you handle it right.]

You're right. It doesn't have to render techniques powerless, but it certainly explains why it can happen. Odds are you can forge a stable archetype with a bit of repetition and the excitement that using awesome dream powers brings.

> [NecropheliaBlue: Then just this morning I was able to go through it again, but I was focused on trying to take my head off so I wasn't too focused on failure at that moment lol.]

What!?!? Take your head off? Ok, I'm going to read that one right now.

> [NecropheliaBlue: Actually, I noticed that in general if I take my focus off of something in a lucid that's starting to fail or not work properly, it resolves itself. But I've only recently discovered this idea of redirecting my attention from failure in LDs, so that idea in itself is novel too! I like what you're saying though. I'll remember that the next time something I wanna do fails, and my "ignoring the problem" doesn't work.]

When you put it that way, focusing on failure, it sounds like something one of those self help gurus would say. BTW, I love the Halloween name change.

> [Dutchraptor: The amount of novelty one feels is however limited to what we expect. I personally haven't had any problems once I learned how to just focus on an object in a lucid and know it will work. Before I ever try something in a lucid and I want it to work I just tell myself it will, doesn't matter if I've ever used it before. What is really great about the novelty is that it can make tasks easier for beginners, instead of using their thoughts to achieve something they use a medium like a wand or staff, which can be ok for the first few times, but you shouldn't become dependant on it. Personally I don't try make everything work 100% of time because like aly said the randomness is just awesome.]

I don't think expectation is an accurate description of what's happening. When you expect something, you are focusing your attention on that particular outcome. A subtle difference but an important important one. It's funny you mentioned magic wands, because the magic isn't in the wand it's self, but in what wands do. The whole purpose of a wand is to focus attention, like they are used for in class rooms all over the world.

[...]

It's not belief!! My DJ is full of incidents where I believed something would happen, then something completely unexpected happened. Belief is unreliable. I'd go so far as to say it doesn't exist. That's right, I don't believe in belief. There's only programming and focused attention.

Same shit, different pile

I haven't been very active on DV lately. I'm still pursuing my obsession with dream control, only I've moved my shit to a different pile. I'm approaching it from the angle of magic and the occult, which is essentially the same thing in my opinion. I've been learning a great deal about Archetypal Engineering and real world application, as well as refining my ideas of what an archetype is and how to use it. I do my thing over on Occult Corpus

Those interested in exploring my ideas of what dream control is can look up posts I've made over there. It's presented in the context of varying magical paradigms, but everything I write about there is directly applicable to dream control. You don't need to believe in magic, I don't want your belief, only your attention.

[...]

> [izzyreal - Thoughts on Chaos Magick? : I'm new to this page,and new to the works of Koetting,and consider myself a "dabbler wanting to go much deeper". In some of these "dabbles" over the years, I've had some brilliant experiences and witnessed some results.I was wondering if anyone here has experience with chaos magick,or would share some insights and thoughts about it. Although I've only recently discovered Koetting on youtube,i'm looking forward to getting enough funds together to pick up his books. It's very nice to see and hear someone break things down simply and offer so much practical information.]

Forget actual chaos. Chaos describes systems that are too complex to define. I like to define chaos magic with what I consider it's opposite, ceremonial magic. In both cases you are working with systems of associative pathways. With ceremonial magic, you prepare and familiarize yourself with specific areas before hand, which grants greater precision at the cost of flexibility. With chaos magic, you just kind of freestyle it as best you can. More versatile at the cost being less reliable or precise. I like to try and keep a balance between the two, not for some cosmic balance, because it's practical.

Everything requires your attention to exist. Yes, you can make anything real, but not all things are created equal. Using anything just because you can is retarded, a chaos magician has to be able to judge the value and usefulness of where his attention wanders.

What makes one particular selection more reliable for use over another is how robust it is, how well built. The things we focus our attention on are structures of associations, and the three factors which strengthen associations are Repetition, Emotional Reinforcement, and Novelty.

Keepsakes and momentos become more than mundane objects because of the additional associations appended to them by novel or emotional events. We don't actually believe the sun will will rise every day, we've just seen it repeated so many times that association is unshakably strong.

These more powerful archetypes didn't get that way by default. We made them that way on an individual level through our own individual experiences. Spend a lot of time doing math, and your math systems become more reliable. Problem is, these chaotic structures were randomly self assembled with no thought or care given to magical uses or consequences. They are far from ideal. Ritual or Ceremonial magic takes the basic elements which strengthened our more reliable systems, and harnesses them to engineer well built magical systems. Any good ritual or ceremony is going to have repetition, emotional reinforcement, and novelty in spades. If anything ritual/ceremonial magic is like stacking your chaos deck in your favor, adding reliable tools to your selection. You can't have chaos magic without ceremonial magic, as you can't have something big without having something smaller to compare it to.

> [Q: You have to remember that what you believe is what will be manifest in your works. Nothing is True, Everything is Permitted.]

Close, but no cigar. That word "belief" has got to go! What happens when you are actively believing in something? You are focusing your attention on it. The thing is, you can focus your attention on things you don't believe in at all, and they still manifest. I've been repeating my first rule of dream control often enough around here "Everything requires your attention to exist" that I hope it's beginning to sink in irregardless of your beliefs (that's how I operate)

My second rule is "The more attention you give something, the more related detail it manifests". That related detail is the associations belonging to what you are focused on. For instance, in June there was a day I was super horny and obsessed with getting laid. All day I kept stumbling across women's panties everywhere, on the sidewalk, in a parking lot, in a tree... Never seen so many panties strewn about in my life! Lol. Never did get laid that day BTW.

[...]

> [OP - Lucid dreaming question: When I lucid dream I can only control it in the context of the dream. I guess it's more of a consciousness without control. I just can't seem to control the dreamscape. Any advice on how to gain the control? Does it just take practice. I have never tried to outright change anything before here recently.]

Rules of dream control.

1. Everything requires your attention to exist. Use this either to create, sustain, or destroy.
2. The more attention you give something, the more related detail it creates.

Until you figure that shit out, you will never be able to predict the outcome of your magic.

[...]

Dreams are an expression of duality, the waveform counterpart to our waking particle reality. According to physics, the waveform comes first, and our physical reality arises as a result of the quantum waveform realms. My point is, learning to control your dreams is learning to control reality at the waveform level, which does effect reality. Precognitive dreams don't predict the future, they create them. Hopefully this will wet your appetites and make everyone more receptive to my style of magic, which is based entirely on dream control.

> [Q: I'm skeptical of anyone who says they can do high-level magic from dream states.]

I'm skeptical of anyone who claims rolling out of your body is anything other than a dream. Dreams are a direct reflection of what you have your attention focused on. If you suddenly fall asleep and the last thing you were aware of was being in your room, you're going to have an OBE scenario. The phantom limbs of the dream body emerging are misleading as well. You don't even need to be lucid. Incubation works just as well. Lock your will and the appropriate dream will come. When you non-lucid self would do the exact same thing as your lucid self, lucidity is irrelevant. The clarity or how real a dream seems has nothing to do with it's alleged "location", it has to do with how well you focus your attention on it.

> [Q: You admit you haven't worked with conscious projection at all, so what kind of reaction do you honestly think you're going to get from us?]

I admit nothing of the sort, in fact I've worked with it extensively. It's a novel entry method, nothing more.

> [Q: So, like you are saying Cusp, it has nothing to do with location in my mind, but rather how centered your attention is. I know I have dreamt experiences that are 10x more lucid than this reality and had tangible, holistic results from it. But since I can't replicate it yet, I'm not really going to bash or judge other's perspectives if it works for them. That being said, since there aren't many work-based assessments on this program yet (because it is barely a month old if even), then we will have to see how it is.]

Some events in real life are more intense, more real than other more mundane stuff. That doesn't mean they happen on another plane of existence. Circumstances sometime force you to pay more attention to things, which makes them more real. You probably got results because it seemed more lucid. You were more focused, the kind of focus one would try to attain during ritual work.

Powers Guide

Flying Tutorial

Flying

Flying is undoubtedly one of the most amazing ways to travel. It's one of the fundamental powers needed to navigate the dream world efficiently along with summoning, telekinesis and teleportation.

How to do it

Flying is something great to try out when new to lucid dreaming. Most people agree that there is no greater feeling than soaring through the sky. The feel of the wind blowing through your hair and watching the landscape below can be breathtaking. Doing something that is impossible in real life can be tricky in dreams, but stay confident and don't ever worry about falling down or not being able to lift off.

Lift off

Jump! A very common dream sign is that the gravity in dreams is slightly off. This can be experienced by doing small jumps. You feel like you're on the moon already, so with a little bit of extra push you should be able to start flying. Who hasn't given a thought of what would happen if you jumped too high on the moon? Imagine a force pushing yourself off the ground. A very useful trick is bringing forth a feeling from real life. While doing small jumps have the mindset that anytime now you will be shot right up into the sky, like Superman. Have you ever been on an amusement park ride where you're being propelled higher and higher? Combine the memory, the force of the push and jumping and you'll be airborne in no time. Some people might find it easier to take off while running or jumping from heights to gain momentum. Find a high place and just throw yourself out into the sky or run really fast, just like an airplane takes off. You can use your arms to imitate wings. Use passive control. This includes jet engines, rocket boots, airplanes, helicopters, wings, magic brooms etc. This is a great way to start out since you know that flying is possible in real life when using any of them.

Airborne

Once in the air the most important thing is to stay confident and know you will stay in the air for as long as you want. Focus on where you're going or the landscape. A dream can destabilize quickly if you're not focused enough. As the dream scenery changes you want to keep your eyes on the destination you're heading towards or rub your hands to stabilize the dream. Flying too high can result in the dream collapsing. Maneuvering can be tricky if you're going fast. This is when using "pull" or "push" forces come in handy. You simply pull or push yourself in a direction using your hands and arms, invisible brakes or sheer willpower. This is also great for stopping or going really fast.

Last Notes

If you've ever flown before you know how amazing it can be. The freedom you will feel is unexplainable, so go and start practicing on your flying skills! Why not fly out into space and watch the planets up close?

Summoning Tutorial

Summoning

Making anything consciously appear in a dream is called summoning. Mastering this power isn't as tricky as you might think, and once you've done so, you can get your hands on anything you want. It's one of the fundamental powers needed to navigate the dream world efficiently along with telekinesis, flying and teleportation. When summoning any object you want to use as much passive control as possible. Getting something enormous to appear in front of your eyes is almost impossible without major active control; however making it appear behind a building is much easier. This is also discussed in the Dream Control Tutorial.

Summoning Small Things

The easiest way to summon small things is by looking for them in your pocket. Search your pocket while expecting to suddenly feel the edge of the object and it will appear. Don't give up, you will find it. Placing things in your pocket in a dream and recovering them later is a great way of gathering up a bunch of cool items. Magicians snap their fingers and something appears in their hand. This is a familiar visual, so it works well in dreams. This is easier to attempt with small objects (keys, for example) than it is for objects larger than your hand. Using a wand a magician can summon any number of objects. This is called a summoning action. If you look at the spot you want something to appear, something must happen for it to appear there. Waving your hands or speaking magic words also works well to summon items. This is an example of Active Dream Control.

Summoning Large Things

When summoning larger things passive control is very important. What you want to do is expect things to be around the corner, or behind you. Closing your eyes and opening them again works well, too. Make up fake stories or pretend to hear/smell/feel anything that has to do with the object. In this manner you can trick yourself into believing it's actually going to be there. Example: If you want to summon a red sports-car hold a firm image of it in your mind. Tell yourself that when you walk around a corner it will be there. "Hmmm, a red sports-car should be around this corner. I even think I can hear the engine roar."
Remember, the more likely it is for a thing to be in a certain place in reality, the more likely it is that it will appear there in your dream. That sports-car will most likely not be found under water.

Summoning People

Call out a person’s name as loud as you can and expect them to reply: "Yeah?" That person might not be near you the first time you shout, but he/she will definitely hear you calling. The second time

you'll get a louder reply and all you have to do is locate where it's coming from. Opening doors and expecting people to be in the next room works just as well. The same thing applies with large objects; you'll find them behind you, around corners or behind doors. If you want to summon a pet you just have to whistle for it or call to it.

Last Notes

Confidence is the key to summoning objects. If you're having trouble with Dream Control try some passive summoning. With passive summoning you can bring forth objects to help with other powers; for example, a jet-pack for flying, a magic wand or a potion for transformation.

Telekinesis Tutorial

Telekinesis

Telekinesis is when you move an object without touching it. Whether you're using your mind, invisible hands or shouting commands it is called telekinesis. It's one of the fundamental powers needed to navigate the dream world efficiently along with summoning, flying and teleportation.

How to do it

As with all forms of Dream Control, telekinesis requires you to believe in yourself and your powers. Not to worry though, there are several tricks you can use to lift cars or gently lift up bad people and put them in another location where they can't hurt you. When choosing a method to achieve telekinesis consider any movie or series this power is used in. By watching a movie in which someone uses telekinesis you get "visual proof" that that particular way of doing it actually works. Harry Potter, X-Men, Star Wars, The Matrix and Heroes are all good examples of this power being used in different ways. Of course you don't have to watch these movies to be able to perform telekinesis, but using passive control sure can help. Doing it like you see in the movies gives you that extra boost of confidence you might need to succeed. If you've done it once, you will be able to do it forever. These are different ways to approach this power:

- Reaching out with your hand, using "the Force."
- Using a wand.
- Imagining invisible hands.
- Verbal commands.
- Imagining the object being magnetic and your hands as well.
- Asking a Dream Character to do it for you.
- Pretend to be a fictional character with the power.
- Imagining rubber ropes attached to an object and your hands.

Possibilities of telekinesis

If you're thinking: "So, I can use this to lift things? Sounds like a waste of time!" you're wrong. Telekinesis can be used for so many things and with a little bit of imagination you will begin to see it. Here's a list of how useful telekinesis can be:

• Lifting objects and make them come to or go away from you.
• Levitating prior to flying.
• Creating protective barriers.
• Element manipulation; with telekinesis you can bend the air around the element and therefore manipulate it.

Telekinesis is so much fun! It's a power that will never get boring.

Last Notes
When you're starting out, remember to start small. Trying to lift an entire building the first try can be a struggle (not saying you can't) and our brains are used to the concept of first taking baby steps. Why not pick up a rock that is nearby? Or perhaps make some plants move. Once you've accomplished that, move on to bigger things. There's no limit to this power, and with practice you'll eventually be able to move planets.

That's all on telekinesis. I hope you succeed in your attempts and will have as much fun with it as I still do.

Teleportation Tutorial

Teleportation

Teleporting in lucid dreams can be hard for certain people. It is just the act of causing yourself to move your location from one place to another, almost instantaneously (or in a quick, fluid manner). The reason this can be hard for people to do, is because our surroundings in dreams are probably one of the most constant, stable, steady, encompassing elements; so it's hard to directly change that. But with practice, it definitely can be done; and certain methods can make it much easier to accomplish. You might wanna try altering your surroundings slightly before trying to remove yourself from them entirely. Teleportation is one of the fundamental powers needed to navigate the dream world efficiently along with telekinesis, summoning and flying.

Methods

- Using doors: This is probably one of the most common (and easiest) means of teleporting (or summoning). The general premise, is that you open a door, and behind it, is the place that you want to go. You need to intend that your desired location lies just behind it. You need to know that it will be there. So if you were in a dream, and you didn't like where you were (say you were in a house, or a hotel) simply walk up to a door, think of where you want to go, open the door, and hopefully it will be a new dreamscape.

- Closing your eyes/shifting focus from current environment: Usually it is not recommended to close your eyes in dreams, but this can be a good way to teleport. If you do shut your eyes, only do it for seconds, so you don't wake up (some people don't have to worry about that though). You can also just shift your focus to something instead of shutting your eyes. Just something so you don't see everything around you in its entirety. Look at the ground, or in the sky if you have to. And intend that your surroundings will change to whatever you want, once you open your eyes or look back. You can also try to fly up into the air, see only the sky. Imagine the world changing right underneath you to the place you want to be. These techniques are most helpful when you are in a dreamscape with no rooms or doors, because you don't need anything external (being able to summon things is helpful for situations like this) .Remember key point in teleporting (specifically like this) is not focusing or getting immersed in the current environment.
- Vortexes/Wormholes/Portals: This is another good way to teleport, and is one of my personal favorites. Either you can summon a portal/create one, or open a door and intend for a portal to be there (because sometimes imagining the location to be right there once you open the door can be difficult). Like the other methods, intend on your location. Go in the portal/wormhole, this is usually a very fun thing and causes a rush, though it might take you to a different place; but honestly it will most likely be awesome either way. You can also imagine a mirror instead of a portal, think of a window, just walk through it to the new location.

Sageous' classes on Wake Initiated Lucid dreams.

WILD Session 1: Mental Prep Part A

Though it is the most difficult aspect of WILD (and LD'ing in general) to master, mental prep is by far the most important step toward success. In a sense, lucid dreaming is nothing more than a state of mind, and that state -- constant waking consciousness, regardless of physical conditions -- is manifest most clearly in the practice of WILD. So the primary step in learning WILD is that of preparing your mind with the fundamentals (self-awareness, memory, expectation) so that when you lie down and do your thing, you will know that that thing is happening and that you can participate and really enjoy it. Because of that mental prep merits discussion in at least two of our sessions: first here in terms of building self-awareness, and later in terms of visualization, setting intention, and keeping memory turned on. Discussion of expectation will happen often later, especially in the Physical Sensations and Organizing an Entry sessions. Also, if during the course of the class I get feedback that indicates still more discussion about mental prep needs to be done then don't worry; I'll go there.

But first:

Self-Awareness

The root of WILD is that you are able to maintain waking awareness while your physical body drops into sleep mode around you. Though the concept is simple, and seems to make sense, the act of doing it can be very difficult. This is because your entire nature is geared toward abandoning waking consciousness in the name of sleep. A powerful tool for confounding nature and staying awake while falling asleep is self-awareness. Self-awareness is nothing more than knowing that you exist, that your existence effects everything and everyone around you, and is effected by everything and everyone around you. Seems like a no-brainer, I know, but most people -- hell, almost all people -- don't so much as consider this concept, much less make it a part of their daily life. Self-awareness rarely happens in waking life because it is much easier to wander through existence unaware of your place in it (as long as there's food, friends, and video games, who cares, right? Right.). Yet if you were to master self-awareness, WILD'ing would be easy; literally second nature. It's that simple. DILD and MILD, for that matter, would be easy as well. So would things like getting along with your loved ones, and coping with the challenges of waking life. That is the power of self-awareness.

How do you develop self-awareness? There are many ways, and we'll likely talk about others during upcoming conversations, but the exercise I'll offer today is simple introduction to the practice, sort of a Reverse Reality Check (RRC): Here's what to do: At random intervals during the day – at least once an hour but no more than three times in that hour – stop what you're doing and wonder. Just hold still for a second and remember where you were a few minutes ago, imagine where you'll be in a few minutes, and know that everything you're doing right now has an effect on everything and

everyone around you, and everything and everyone around you has an effect on you – even if you don't realize it. The important part here is to think deeply about your place in all the stuff that's whirling around you at any given time, and to really think about what all that whirling is doing to you, and what you might be doing to the whirling. During waking life, you might find yourself very often assuming that there's not much whirling about at all or that there's not much of an exchange of effect going on. There always is, whether you can feel it or not. Think about the fact that there is an exchange of atoms between your feet and the floor you're treading: in a sense you're changing reality itself, if ever so slightly, just by standing there! It is therefore extremely important to take a moment and remember that you exist, and your existence matters – even if you don't think it does. [Edit: Your focus during this questioning period should be on your interaction with your local reality -- things/people your presence has influenced, are influencing, and will influence, or things/people that have/will do the same to you. You should avoid getting too metaphysical or galactic, as that atoms example above might imply. For example, perhaps you were just sitting on the couch in your living room 5 minutes ago, doing nothing... sounds like nothing to wonder about, unless you think about the dent you left in the couch, how it will still be warm for the next person in the room, how your comfortable situation on the couch caused you to ignore an important phone call from your boyfriend; the list can go on and on, if you look).]

You don't have to recite all those questions every time; that would be annoying, and the process of reciting all that might diminish the effect. Basically you should put it all into a single quick thought that means something to you, and allows wonder to linger after you've resumed moving through your waking day. It will be difficult at first, but with practice you won't be using words at all when you pause, as the questions will have become second nature. Be very careful that the questions never lose their wonder, though. If they become rote -- just a bunch of words you say whenever your iPhone app goes off -- then you will have lost the point of doing the exercise because you will not be acknowledging your self. If you successfully add this exercise to your waking life, you may already be well on the way to successfully WILD'ing. Indeed, if you can master this exercise, meaning that you can truly realize the presence and importance of your existence at any given time, then holding on to your awareness while falling asleep will be a snap. This might not make sense to you right now, but that's okay. The way humans are currently wired, it is not supposed to make sense. Just do the exercise above, or something similar, and learn to make self-awareness a part of your waking life.

Here's the really good part: when you are in (or approaching) your dreaming world, the exercise you're practicing will translate into something altogether different. This is because when you're dreaming, you'll know, for sure, that everything around you is caused by you, and that it is all entirely a reality of your own invention. This new perspective will open doors to creativity and exploration, and allow you to pay attention to things in the dream world that you may never have known existed... Oh, and if all those folks who say so are correct, you will also be much more able to recognize with certainty that there's someone or something in your dream that probably should not be there.

There are of course other methods for building self-awareness, among them meditation and All Day Awareness (ADA).

Meditation is always an excellent tool for awareness, but it can be difficult to master and, in my opinion, tends to build goals unto itself that might obscure or supersede your LD targets. That is of course my opinion, and serious practitioners of advanced meditation have regularly begged to differ with excellent arguments. So, if you are already a proficient meditator, and see an easy conversion of the Reverse RC I described above into a meditation routine or mantra, then go for it! Also, if you are interested in exploring meditation as it directly relates to LD'ing, then I suggest you sign up for Sivason's Dream Yoga class, if you haven't already. Sivason has a real handle on this stuff, and I believe his class and method are both excellent for learning Dream Yoga and for WILD, which is in truth just a form or reflection of Dream Yoga. I was originally going to suggest that you do ADA, and that is certainly a good thing to do regardless, but after some thought I had misgivings. My problem with ADA is that its practice tends to diminish the "self" as it amplifies the power of environment. With ADA you spend all your time observing and noting everything around you, but you take little notice of your self, and your interaction with everything. Think about it: Animals, especially prey, practice ADA by nature. A fish or a mouse is a master of ADA: if they're not paying attention to everything all the time, they could wind up being someone's dinner. But I wouldn't consider either a candidate for lucid dreaming anytime soon, because all that awareness is driven by instinct rather than sentience. Sure, they can pay lots of attention and have true mastery of the input from their environs, but they have no idea they're doing it, or that they're even involved.

So, though ADA is a handy exercise for strengthening your sense of place in reality, it does little to define your interaction with reality, an understanding of which is critical in dreams, when reality is you. Perhaps if you can add a letter to ADA and make it ADSA -- All Day Self-Awareness, then it not only would it make sense, but then you would largely be doing the reverse RC I described above. Again, if you are already successfully practicing ADA, or wish to add it to your waking life experience, don't stop because of my words. ADA is an extremely valuable mental tool, and can serve as a foundation for self-awareness. But as I understand ADA, it simply isn't focused directly on the tools we need to LD. If you think I'm wrong about this, feel free to explain why in the Q&A section -- maybe I missed something!

I'm rambling already. Time to wrap up, I think...

Okay, so the first lesson was a bit on the dry side... I guess that's because I chose to begin with the most vague aspect of all this, even if mental prep is the most important. It will be more fun later when we get into the nuts and bolts of WILD, but for now I hope you'll bear with me and truly attempt to build, or at least consider, your self-awareness. As I said, I will be going back to this throughout the course, and I'll be delighted to answer more specific questions in the accompanying Q&A thread (assuming I remembered to add it!). For now, though, look to adapting the exercises I

noted above, and if you'd like further reading on what I've got to say about this, then look at my Lucid Dreaming Fundamentals thread, as it covers in greater detail what I'm trying to say today.

Also, if you have any questions or comments please use the Q&A thread...Thanks!

Homework
Your homework assignment this week is to work on the reverse RC I described above, and try to incorporate at least one moment of real self-reflection into every hour of your waking life. Do this well, and the rest is easy! See you next Tuesday, when we talk about when to WILD....

WILD Session 2: Timing

Our second session is about a category often overlooked by other instructors, but to me its importance is paramount: timing. When, during a night's sleep, should WILD be attempted? Though I may be burned as a heretic for saying so on this site, it is true that WILD is no better or worse than DILD, the other way we transition to lucidity. Though the techniques used to induce them seem to favor DILD on paper (with MILD being the technique of choice for DILD, though it is a good thing to learn for WILD mindsets as well), in the end -- after you've properly developed your lucid state of mind -- the only real difference between WILD and DILD is defined not by difficulty, but when you plan to initiate your LD. For instance, if you expect to have LD's during your regular night's sleep, you should not be attempting WILD when you go to bed at night. This is because it is extremely difficult to maintain your waking awareness through the quiet of delta sleep, which is the first phase of regular sleep and has its longest period right after you fall asleep at night. There is negligible REM (Rapid Eye Movement) during delta, and, though arguably some very interesting dreaming may happen during delta, it is not the sort of dreaming that accompanies REM or easily accommodates lucidity. Also called NREM, delta is the period during which your body and mind get much of their restoration done, so it's not a terrible idea to let it occur without interruption anyway. It is better to practice DILD in this case, because with that technique you intentionally abandon waking consciousness for a time, since DILD's are triggered within the dream. There are of course exceptions to this: if you are an accomplished practitioner of sleep (not dream) yoga, or "suffer" from narcolepsy, WILD at bedtime might be just the thing for you. Of course, I would imagine an expert at sleep yoga would have no reason to attend this class, so that might not matter. But if you are narcoleptic, you might have a tendency to slip right into REM upon falling asleep, so WILD at bedtime would be perfect for you. I read much of people setting their alarms during the night for arousal after a few hours of sleep. This to me is not the best of ideas, for a couple of reasons:

First, alarms can shock you out of sleep and trigger your reticular system with a bit too much gusto (the reticular system is your natural mechanism for shutting off sleep and waking you up very quickly, a primitive reaction inherited from our distant ancestors' need to leap out of the way of approaching predators, or put out the flames because their bearskin shirt was too close to the fire). This triggering – even if the alarm is from one of those pleasant "Zen Alarm Clocks" – could cause

you to both lose track of the dream you were just in and make it difficult to go back to sleep. Also, setting an alarm means that you are forcing yourself awake at a specific time that might not agree with your regular sleep cycles, so doing so might cut short needed delta sleep or screw up your REM cycles. Better to gently rouse yourself after you've woken naturally following several hours of sleep. Everybody wakes up naturally several times during the night, even if they don't remember. If you pay attention for a few days, you should be able to discover the times you drift into consciousness during the night.

Okay, that's when not to use WILD. When, you might ask, is the best time to use it? I would say that the very best time to use it is during Wake-Back-To-Bed (WBTB) after at least five hours of regular sleep, with a return to bed in less than 45 minutes or so after initial rousing. This will have you waking up when REM periods are closer together than they are at the beginning of your night's sleep, and thus and more likely to be encountered with WILD. Sleep cycles vary, so you might need to do some experimentation to find your optimum time to first rise for WBTB. That 45 minute maximum is important, because it means that you might get back to bed while your dreaming mind is still idling, and not completely shut off. So if you find yourself awake for an hour or two before lying down again, you might want to take a closer look at your schedule. More on WBTB in a minute...

Another time, if slightly less optimum, for WILD is during napping, if that napping occurs well after your regular sleep cycle (over 12 hours since you went to bed the night before). It is less optimum because naps often occur with no REM or very discordant REM/hypnagogic imagery, and you could have trouble piecing together a dream, much less maintaining awareness. This of course varies as well, so if you have awesome dreams during naps, then by all means try WILD during them! Finally my favorite time to use WILD is during sleep, without ever fully waking up. This is apparently known these days as Dream Exit Initiated Lucid Dreams (DEILD). With DEILD you use the momentum of your current dream, be it non-lucid (NLD), lucid, or false awakening (FA), to carry your awareness through a very brief state of near-consciousness back into a dream state without losing track of the last dream and with the awareness you picked up during that moment of wakefulness. All without the annoying physical sensations encountered during regular WILD's, save a brief nod to SP, if you're paying attention. If you are exiting a LD, then the moment would simply amplify and maintain the awareness you're already enjoying. If anyone is interested, we can discuss DEILD more later, after we get through the mechanics of WILD, because it really does work best if you already know how to WILD "normally."

Now back to WBTB: Timing-wise, WBTB seems fairly simple. That's because it is. If you can find a time during late REM stages (again for me that's after at least five hours of sleep, but it could be different for you), then all you need to do is get up, maybe have a glass of water, maybe a light snack, and think dreamy thoughts for a while before going back to bed and starting up a WILD. There's really no more to it.

Seriously; no more! What you should NOT do during WBTB are things that distract you from your upcoming WILD. That means NO TV, video games, texting, phone calls, or even vigorous physical activity. If you must do something during your wait (it's only 45 minutes max, for God's sake), try reading a book about dreams, or listen to music that is suitably dreamy. If you are a sort who meditates, this would be a good time to do so, again as long as it is done with dreaming in mind. Bottom line here is that WBTB is just a brief period of your overall night's sleep; try not to attach daytime activities to it, as they will tend to send your dreaming mind into remission, which won't help your WILD attempt at all.

There. As you all no doubt assumed, timing is a fairly simple subject, though it can prove difficult to make happen properly. I probably did not need to dedicate an entire session to it, but I felt it that important, and I am confident that it is that ignored in the standard "Lie down, hold still, and wait" tutorials. This week's homework is equally simple: Find a good time for WBTB. Don't just assign a time either; really think about it. We all know our own sleep cycles, given that we live through them every night. So you should, with a little review, be able to determine both how long you require for a good night's sleep (most people manage this in about five hours, though my wife insists she needs at least ten), and what day of the week is best for you to do WBTB with as little interruption as possible. Keep in mind also that you should always allot yourself a couple extra hours in each direction to account for your dreaming mind's lack of a precise clock. In other words, don't plan WBTB for 6am on a day where you have to get up at 7 for school or work. It also works best when the night before and day after are relatively innocuous, event-wise – so don't try it during finals week, when you have to finish some special project for work, or after a night of hard partying.

…And don't forget to keep doing those RRC's; they're just as important as they were last week! Next Tuesday's session covers Physical sensations…I'll try not to disappoint!

WILD Session 3: Notes About the Noise

This week's session is the most difficult for me, both because you guys probably "know" more about it than I do, and because I am obliged to try to convince you in a couple of paragraphs that the "noise" experienced on the waking path to sleep, including Hypnagogic Imagery, Sleep Paralysis, and Vibrations, have very little importance to successful WILDs -- indeed, they are at best just mileposts to watch for as you make your dive to the dream, and at worst (and very commonly) major distractions that can nullify your WILD attempt. Either of those things makes me very disinterested in talking about the noise. But, given the pedestal the noise, Sleep Paralysis in particular, has been placed upon by LD'ers these days, I guess I'll have to say something. So here we go:

First, some (extremely) basic facts:

- **Hypnagogic Imagery (HI)**: As you are first falling asleep, and occasionally during semi-conscious moments between late REM cycles, you are in a state of mixed drowsy wakefulness and light sleep, and you will experience vivid, brief dreamlets called HI. That's it; there's nothing more to it.
- **Sleep Paralysis (SP)**: In brief, SP is your waking consciousness noticing REM Atonia, which, according to DV, is "The shutting down of neurotransmitters in the motor system, preventing a sleeping person from acting out their dreams. Often confused with Sleep Paralysis, REM Atonia only occurs during the REM phase of sleep, and happens every night for people without any REM disorders." In other words, SP is simply your awareness of an action your body takes every night to prevent your sleeping body from acting out events unfolding in your dreams. That's it; there's nothing more to it.
- **Vibrations et al**: I lump the rest of the popular stuff into a "vibrations et al" category because physical sensations you encounter can vary dramatically from person to person, be they vibrations, sounds, twitches, tingling, flashes of light, or other random sparks of sensation. Most of this is variation of HI, some is a brief hyper-sensation of physical activity like breathing, muscle activity, or pulse, and some may simply be your taking notice of stray neurons firing as your body prepares itself for sleep and REM. That's it; there's nothing more to it.

Now, why these things are/are not important to WILD: HI can be used as a tool for starting LD's, because you may be able to draw upon the schemata those brief images represent to "build" the dream into which you're heading, which we'll be talking about later, and which I will not recommend because using HI like that can cause a loss of lucidity. (Schemata, BTW are the mental blocks from which you build your reality, and we'll talk more about that later as well). HI is also a handy marker for you to note as you are falling asleep, because it reminds you about where you are headed, acting as a sort of reinforcement device to hold your focus on self-awareness during the WILD -- in other words, you can note the pretty colors or listen to strange voices and say to yourself, "almost there," which is good because HI tends to occur right when you are about to give up on the whole holding still bit. Again, more later. HI is not spirits talking to you, cosmic energy, messages from your unconscious, or any of the other things noted here and elsewhere by breathless dreamers who encounter HI unprepared. It is simply random images that are produced as your body settles into sleep and REM mode. SP can also be used as a tool for WILD, particularly in DEILD form, where it is more often noticed, because it gives you an opportunity to metaphorically "step out" of your "paralyzed" sleeping body and into your dream body and the dream itself. I'm not a big fan of this technique either, because that sort of metaphor is a mite too close to an astral projection (AP) or Out of Body Experience (OBE) image, and there is an excellent chance that a dreamer will get caught up in a "Hey, I'm doing AP!" moment and lose lucidity to the excitement of doing something "supernatural." In other words, it's a major distraction with little reward because you are very likely going to dream you're in AP or OBE, and not really be there (before anyone objects to this or begs to clarify: don't worry, I'm not dismissing or promoting AP or OBE here; I am simply stating that if you

have done all your prep work for a LD and suddenly "find yourself" in AP or OBE, you'll likely lapse into a dream because those were not the states for which you prepared).

SP is a fairly weak milepost for classic WILD, because you generally do not sense it during the WILD dive. This is because SP occurs after you're in REM and have settled into a dream state, so if you are in SP, then you are also already in your dream, and have already left your body behind. On the rare occasions SP does happen during WILD, it tends to be a major distraction because you have to fight off the primal terror (meaning you can't do much about the fear because it is buried deep in your genetic memory) that comes with discovering that you are unable to move. So, ironically, you really don't want to encounter true SP during classic WILD. On the other hand, if SP lingers after REM, you might have an easier time doing DEILD because you are literally holding still upon waking, and might be very interested in getting back into the dream to leave the SP behind. Again, there will be more on all this later. SP is not a mystical or unusual event by any measure because REM Atonia happens naturally every time you are in REM -- it must occur, or else we'd all be flailing about in our beds, or sleepwalking, or shouting, or ... well, you get it. That you are consciously aware of it because it remained switched on a bit too long or switched on early does not make it special, unless you consider your ability to defy nature and notice it something special -- which is a pretty cool thing, I suppose. SP is also not a goal in WILD. Let me repeat that: SP is not a goal in WILD. One more time for the back rows: SP is not a goal in WILD! You should never, ever, be trying to "achieve SP" if your ultimate goal is lucid dreaming. To do so is to elevate a normal condition of sleep to a point where it is all you pay attention to, and then, invariably, your chances of LD'ing will fade behind the empty excitement of SP. Again, if you're attempting AP or OBE, then SP is important (though it also shouldn't be made too important in those disciplines, either), but we're not talking about AP or OBE here. It is critical for WILD that you understand that SP is not dangerous: it is not an invasion by monsters, or your body failing you, or a break from reality, or any of the other things noted on the forums by breathless dreamers who encounter SP unprepared. It is just a natural bodily function that you happen to notice because you possess waking awareness at a time when nature never intended you to be awake. So if you ever encounter SP (I rarely do) just relax, acknowledge it, and move on!

Most of the time SP isn't really even SP: People who are talking about their experiences in SP are really talking about their experiences in NREM sleep, which can include the vibrations, sensory deprivation, and other assorted bells and whistles associated with SP these days. This is sort of a shame, because consciously navigating NREM sleep is an adventure unto itself (and, BTW, the place the Tibetan sleep yogis like to visit), and to belittle it by calling it SP is to miss out on an otherwise good thing.

Vibrations et al are, well, just noise. Period. Any psychic/cosmic/astrophysical explanations or deep meaning you might attach to them might sound good in the dream journal or on websites, but in the end those Vibrations et al are simply your witnessing of bodily events to which you are not naturally privy. I'm not sure that I can honestly attach value to Vibrations et al in the context of WILD,

because they truthfully are nothing more than a distraction, especially if you're the sort who chooses to attach meaning to them. At best they are another mile-marker, and I think that if you see them as such then you will find yourself more able to allow them to come and go as they will without interfering with your effort to hold onto your awareness.

So that is the extent to which I think the "noise" need be discussed. That's it; there's nothing more to it.

Full disclosure: I have had well over a thousand successful WILD's in my life, and, though more than half were in DEILD form, I am personally very familiar with the physical process. Most of what I say here is based on this, though I did go to the books (mostly LaBerge's EWOLD) for the facts section. So yes, I could be wrong about the (non)importance of "the noise," but my experience tells me otherwise. Also, I spent a couple of years a decade ago moderating the Lucidity Institute's forum, which was rich with accomplished and very knowledgeable dreamers, and there was minimal discussion of the noise. The current focus on it, I think, is the result of years of misinformation and wishful thinking.

Homework: There is just one small assignment this week. I ask that you think about what I wrote this week, and decide for yourself if you would be comfortable doing WILD's if none of the noise occurred at all. That may sound silly, but I want you to be sure that you're doing WILD for the right reason – to enter LD's virtually on demand – and not for some other reason founded on the popular excitement attached to the noise. If you discover you might be more interested in the noise than you thought, or that the noise is more important than I'm saying here, bring it up on the Q & A and we'll discuss it. Next week: Mental Prep part 2, Forming the Dream.

WILD Session 4: Mental Prep Part 2 -- Forming Your Dreams

This week's session is the other half of the original mental prep session with emphasis now on getting ready to be in the dream. In the first mental prep session, we talked about activities to do during the day like the RRC, but today we are going to look at getting our minds ready for the dream itself, and more importantly ensuring that there is a dream at all waiting for us when we get to it. Keep in mind though, that you still need to keep doing those RRC's -- anything discussed here, or for the rest of the course, is counting on the self-awareness you're building with that effort!

Now to mental prep: A funny thing often happens to dreamers when they succeed at a WILD. You may have experienced the phenomenon yourself: You lie down and wait properly, you make it through the "noise," you're in good possession of your self-awareness, and may even have managed to leave your memory switched on. Everything went perfectly. But then there you are, sure you are dreaming, but still lying in your bed, or wandering the rooms of your house, with nothing to do, to see, or pretty much to show for all your efforts. Yeah, you're still lucid, but the dreamworld is pretty

damn dull. What happened? Simply put, you did your WILD, are lucid, but there is no dream to enter! The required mental materials for a dream -- unconscious input like day residue and dream schemas, etc. -- have not been spooled up, because your normal sleep schedule is not being followed. That would be sort of dull, I think. Not to be left completely behind, your unconscious quickly scrambles with the most recent or ready images it can grab, usually your bedroom, or perhaps standards like your childhood home, school, workplace, or something else very familiar. This phenomenon can happen very easily, especially in classic WBTB WILD, because your dreaming mind was not prepared for a dream. Though you must be in REM because you're dreaming, if you are in late cycles your dreaming mind might not be fully prepared to offer up another dream just yet.

This all may sound ridiculous, and I would bet that there are plenty of knowledgeable folks who might thoughtfully disagree, but I think it is a true condition: when you're doing it in an unnatural fashion like WILD, it is possible to enter a dream state without a dream schema on tap. Your unconscious mind, in effect, wasn't prepared for your visit! Even if I'm wrong about this, today's session will still help you increase the quality of your LD, so it might still be worth considering.

Here is what to do about it in three easy steps:

1. Set your intention: It may seem counter-intuitive to set intention for a WILD. Since you are never separated from your waking awareness from wake to dream, intention-setting doesn't seem necessary. But it is. Though setting intention is a handy tool during DILD and MILD for leaving a breadcrumb trail of reminders to consciousness (and your plans for that particular dream), it can serve an equally important purpose in WILD by giving your dreaming mind a rudder during the listless few minutes of a WILD dream state. You can set your intention via the mantra you may have chanted during the front half of your WILD, and I've had some success with this myself. For instance, you can use a mantra that includes an image of the place you want to be when you arrive in your dream, like, "I will be on a beach." I'm not a big fan of this, though, because I think it might interfere with both the actual purpose of your mantra, and the more global meaning you might be able to attach to a mantra that you use in every WILD, like chanting "I am dreaming." We'll talk more specifically about mantras in their own session later. So, if you're in the habit of changing out mantras every time, or you do not normally use mantras at all, then perhaps building your intention into a mantra is okay. Otherwise, I recommend setting your intention the old fashioned way: by resolving to recognize your dream, by visualizing yourself dreaming, and by imagining yourself playing out your dream,. You can do all this during waking life both well before and right up to the moment of your WILD. All this is nicely laid out in LaBerge's EWOLD, and I recommend reviewing it.

2. Harbor Expectation: Much of the fabric of your dreams is woven with expectation, so it is a very good idea to pocket a thread of expectation with you on your WILD trip. Expectation differs from intention in that it tends to be more specific, and more directly responsive to existing stimuli. For instance, you may have had the intention all week of being lucid, and maybe seeking your goals in a

dream, and all that happened -- but you're still stuck in your "bedroom." Now, if you also have a clear expectation of what will happen next after you discover your dream bedroom -- perhaps you know that a special door will appear that opens not on a hallway but onto, say, Saturn's rings -- then you stand a much better chance of leaving your room and entering a new dream. You need not have some specific expectation in mind, either. Sometimes just an openness to change in the dream is enough to tap the vast warehouse of unconscious expectation we all possess. That openness might counter the unwelcome but already fulfilled expectation of your bedroom's "reality," and get you out of it without having to think up anything in particular. Bottom line with expectation -- don't just accept the scene you're in when the WILD dream starts; be ready and willing to encounter changes.

3. Nurture schemas: First, in case you don't already know, what is a schema? I'm not sure I can describe this briefly, but I'll try: A schema is your mind's basic building block for its perception of reality. For instance, let's say you see a round object. There are a lot of round objects in the world, so how does your mind know how to identify it? It does so by forming a mental model of the object, searching the images of round things you've got stored in your memory for an object that fits the context of this round item for a likely match. It turns out this object is floating above you in the sky, and seems to be lit up, but not blindingly bright, and seems to be stationary...by now you've probably already found a mental model match that says, "moon." In its search your mind could have come up with balloon, or basketball, or Frisbee, or UFO, or any number of other models, and likely did so without your consciously knowing, but your mind settled on the best choice -- moon -- and that is what you perceived. That is a schema. In a very real sense, all of your perceived reality is simply an assemblage of schemas -- you define everything you perceive or think by attaching schemas to them, and these schemas are simple mental models, building blocks, of your known reality (i.e., the moon image is a mental model for a round object that fit the surrounding context). They're sort of like mini-metaphors, or bits of explanations, for what you are seeing. Without schemas, nothing would make much sense. Imagine what an infant, who has not yet assembled its library of schemas, thinks when it sees that round object in the sky; not a moon! How can we use schemas to form dreams in WILD's? Here are a few ways: First is during the dive itself, when your "vision" is hit with Hypnagogic Imagery. You can take the simple, usually formless and meaningless images (or sounds, or even vibrations) that comprise HI and attach schemas to them. For instance, let's say little triangles of yellow light are flashing about in front of you. Instead of seeing just the light, imagine that the triangles are actual objects seeking definition. In a moment, your mind should begin searching its database of "triangular objects" to try to match up a real image to the flashing triangles. Very quickly, probably within seconds of deciding that the triangles look like "something," you will notice them resembling "something real," perhaps a mountain, or a mountain range, if there are lots of triangles. Then expectation kicks in and before you know it you're sipping hot cocoa on the deck of a Swiss Chalet (also a triangle, BTW)! A caveat about using HI, though: when you allow your unconscious to do a lot of work for you -- as in defining the reality of those triangles -- you run the risk of permitting it to take over completely, and thus sacrifice lucidity. So remember to remember when converting HI to dream schemas, always being careful to hold fast to the facts that you are you, and that you are actually awake.

Another way to use schema is as a sort of reality glue for the expectations you're supposed to be harboring from step #2: After you are in the dream, and perhaps see that unusual door in your room, open the door. The scene it opens on might be blank, or chaotic. This is because, though you expected Saturn's rings, your mind may not have had a chance yet to form the rings themselves. So look around at the blankness or chaos until you see something that looks even a bit like Saturn, or one of its rings. And -- here's the expectation bit -- you will see something very quickly. It may only be a wisp of curvy smoke or a strange ball with a stripe, but something will appear. When it does, simply let your mind search until it finds the mental model that matches not the (still blank or chaotic) environment but your expectations. Sure enough, in just a few seconds, Saturn will be looming before you! This method sounds simple, but in practice it can be "difficult" because it depends on solid expectation, confident awareness, and a genuine openness to change that sometimes is hard to gather in a dream. But when it works it does so quickly, and with often staggering results. Oh, and this method has very little to do with WILD -- you can flip on the expectation/schema switch whenever you get the urge in any LD -- it's a great way to switch scenes! My favorite way to use schemas in WILD is by forming them myself, from scratch. After HI has passed (or diminished), there is a brief period of "nothing" that occurs either because you're still in NREM or your dreaming mind hasn't put together a world for you yet. At this point you can do something like that "door" trick above, only without the door and, oddly, without much expectation. Instead, first form or choose to notice a very simple object in front of you -- any kind of blob, line or dot will do -- and focus on that object. Notice that the object is malleable -- it seems ready to change its shape at your command -- and then just play with it and see what emerges. After a couple of shape-shifts, the object might start to resemble something. That's your mind automatically attaching a schema to it; work with that by focusing a little harder and let the object materialize. Let's say the blob is elongating slightly and turning red -- you decide it looks like a fire hydrant. Then it is a fire hydrant!

Now comes the fun part: take a second and imagine where exactly a fire hydrant belongs and whoosh, you are suddenly standing on a city street, your dreaming mind having (gratefully, I think) attached a world of schemas to accompany the reality of the hydrant. This method is my favorite mostly because it satisfies my artistic interests, but also because it can offer up real surprises without much risk of lost lucidity. With these three dream-forming steps in play, you will likely not find yourself wandering your empty bedroom during your WILD, at least not for long. You should be able to jump right into the kind of LD that all this work learning to WILD ought to afford you. Also, the act of doing these three things will very likely set within you a mindset of understanding that, should you still emerge into the dream state in your room, you will not be stuck in it -- you will know that you can leave it whenever you want, that you simply need to give your dreaming mind a chance to catch up.

Homework: practice nurturing schemas: During waking-life, every time a shape catches your eye (it happens more often than you might think), take a few seconds and focus on it. During that focus time – likely just a few seconds – try to feel your mind search its library of schemas for a likely

association, and then think about the objects place in the rest of the scene around you. This is kind of a fun exercise in itself, and I wouldn't be surprised if some of you do it already, but what it should also do is give you a feel for the "action" behind the schema process, which in turn should develop your ability to move it along during the dream. Also, this homework will hone your expectations and help you give a moment to setting intention as well. Which makes sense, because all three of these steps – setting intention, expectation, and nurturing schema – are truly interlaced.

Next Week: Mantras and Why They Matter.

WILD Session 5: Mantras and Why They Matter

The Oxford English Dictionary, an old-fashioned paper tome, defines mantra as "A sacred text or passage, especially one from the Vedas used as a prayer or incantation." Also: "A holy name, for inward meditation." Mantra itself is descended from ancient Sanskrit for "Instrument of thought."

But none of that matters much here. For us, a mantra is something much simpler. Further down the OED's listing is an addition it made some 50 years ago, which reads: "Forms of speech which carry a material effect upon the mind, emotions or body, or even on things…" That's much closer to our purposes here; also it omits the religious nod, a direction toward which this class does not need to steer. How then might I define a mantra, as relating to WILD? A mantra for our purposes is a simple word or phrase of your choosing that you repeat to yourself throughout the front half of your WILD dive (the "Lie down, hold still, and wait" part). The presence of the mantra will help to keep your focus and to stay on the narrow path of waking awareness as your body falls asleep. For WILD, a mantra can act as a verbal reminder of what you are doing (and why, if you chose well) while everything around you tries to persuade you that you are not doing it. The mantra you choose to use should be easy to remember, simple to repeat either out loud and to yourself, and, above all, your mantra must be meaningful to you. This is important, because if you simply grab a couple of words off the shelf because they seem appropriate or, worse, because someone else told you to use them, then your mantra will likely not work well for you, even if you manage to remember to repeat it. This is because the mantra you use must pierce several layers of your psyche in order to be useful as an anchor for waking consciousness, and all anchors must have weight. That weight is nothing more than the meaning attached to your mantra. For instance, "I am dreaming" is a very popular off-the-shelf mantra among LD'ers, its "weight" diminished, I think, by the obvious message it speaks. Though popular, adapting such a phrase because many others said they did so will never make it a good mantra if the words mean nothing important to you. No meaning equals no weight, which amounts to a very weak anchor…not to mention that a phrase like "I am dreaming" can easily be adapted by your dreaming mind (especially during this vulnerable time, per Session 4), incorporated into a non-lucid, leading to a false lucid and loss of your WILD. So make sure that mantra means something!

How should you choose a meaningful mantra? First, don't pick it from books, or websites, or even from the sage advice of a guru*. Next, think of a simple phrase that you are sure will help you achieve your goals, be they in WILD, dreaming, or life. If you think quietly for a little while, you'll likely come up with a phrase that matters in short order. And if you cannot, don't despair: keep the desire for formation of a mantra on your mind long enough, and one should come to you eventually. I personally have drawn upon several mantras over the years, from phrases like "Here and now," – also one of my staples – on the simple side to very complex positioning phrases specific to whatever goals I might be pursuing (for instance, I once spent a few months repeating, "I am at the point where the land and the water meet," in order to attach to my mind a particular magical metaphor – that's fairly complex, and I don't recommend doing something like this initially, because you not only have to repeat a long mantra, but also attach a unspoken subtext to it that must be remembered throughout the dive – and it all must mean something to you!). In between those extremes have been mantras like "remember," a simple phrase linked to whatever particular goal I had in mind during the mantra; gibberish phrases like "Ja Nah Heefra" that came to me during one "deep" LD that I hoped might be meaningful again (that particular one never was); and of course I repeated "I'm dreaming" once, only to have Aerosmith's "Dream On" as background music throughout an otherwise uneventful non-lucid dream. But none of that matters, because you really must choose your own mantra – I just wanted to give you a feel for the range of choices you have. So be creative, be thoughtful, and be careful to pick a mantra that means something very real to you. That's all. After you've chosen your mantra, putting it to work is very simple: Throughout your WILD dive, repeat your mantra constantly, perhaps matching it with every "in" or "out" breath, and let it serve as that anchor. That's all; there are no more instructions on its use -- it's that simple! You can repeat your mantra either vocally or silently to yourself, though if you can manage to say it out loud and still fall asleep, it will probably work better for you, as the sound of the spoken mantra adds a special dynamic to the cadence of your WILD. At least I hear it does; I myself could never go to sleep while saying something out loud!

So, why do mantras matter? I think you may have already surmised that, but let me paraphrase: Meaningful mantras, by virtue of their mix of relevant verbal, symbolic, and metaphysical qualities, are a unique tool for WILD (and meditation, and prayer, and other similar "deep focus" activities). As such, mantras, through mere repetition, can help keep your mind clear and your goals intact. They're pretty handy, I think, and, though they've been used for millennia, mantras seem to be regularly overlooked in the "Lie down, hold still, and wait" tutorials. And yes, mantras also have deep meaning for religious practitioners, including – but not limited to – Buddhists, Hindus, and even Catholics. If you seek focus in your efforts of mind or spirit, including WILD's, then you'll need to learn to gather mantras eventually – might as well start now! Oh, and for what it's worth, when you hear the guy on the news talking about some politician's "mantra" of, say, "no taxes," he's not talking about true mantras, but a modern-day misuse of the term.

Homework: Have you already guessed? That's right! Find yourself a mantra! After you've found a word or very short phrase that you believe will work for you, that carries real meaning for you, try to spend a little time every now and then (perhaps during your RRC's) to think about your mantra, and make it all that more important to you, as well as an expected portion of your dreaming routine. If you'd like to share your mantra with us here, please do so in the Q&A, and be sure to tell us why you picked it...

Next week: We put it all together!

[EDIT: It only took five years, but I stumbled last week upon an excellent example of what I'm talking about here. This is what I just posted on the What Happened? thread:

Last week I was doing my usual Wednesday WILD attempt, which in general haven't been going too well these last few months, thanks to problems with memory, focus, and way too much drinking on Tuesday nights. I was having the usual issues when suddenly I had a combination inspirational/huh-duh moment: I changed my mantra from a tired mix of "Here&Now" and "Remember" to one simple syllable:

"Dive."

This worked on several levels.

* "Dive is what I've come to call the WILD process in my DV posts.
* It worked metaphorically, which helped me keep my mind focused with imagery of diving into the ocean of my dreams.
* "Dive" is an exciting word, one to which I can emotionally attach myself as I repeat it; i.e., as the dive went deeper, my repetitions sounded a bit lie those of a submarine captain, which was both exhilarating and kept me focused).
* The word "Dive" is ridiculously easy to repeat!

The WILD worked perfectly, especially because I had an odd bit of HI that amounted to a screen-filling purplish eyeball with a red iris that filled my vision for most of the transition (not scary at all, BTW), keeping my "visual" focus pretty sharp. My dream finally began in a very bad copy of my bedroom, from which I left quickly and went about my LD.
Later on, after a wake-up, I used the mantra again, and it worked exactly the same, and just as well.

... And to think it only took me 40 years to think of this!]

*A brief side note to the dream yoga and meditation folks in the audience: Unless the doctrine-based mantra that a guru "gives" you has real meaning specific to your self-awareness, it won't work well here. So feel free to chant "Om! mani pad-me Hum!" if you truly believe in its meaning (loosely, "Hail to man's overself!" or more loosely, "there is no death"), but don't do it because someone told you is an important phrase.

WILD Session 6: Doing the Dive

At long last it is time to put everything together. Yes, when you get to it, you'll see that this week's homework assignment is to attempt to enter the dreaming without ever losing waking consciousness... I hope that still sounds familiar at this point! Before we get there, though, let's do a quick review of the tools we should now have available to help clear a path to WILD:

- **Mental Prep**: We have built up our self-awareness –- by far the most powerful tool for lucid dreaming in the chest –- with a steady practice of Reverse-Reality Checks. At this point wondering about the significance of our presence in, and interaction with, our surroundings is second nature –- or at least reasonably constant by habit. Plus we've learned to stir intention, expectation, and schema into a soup rich with potential dreams once we are "in." So mentally we may be ready for the big-picture event that is a WILD. Also, not so incidentally, we have generated much innate expectation just by participating in this class and, come time, intent should be much easier to set for the very same reason!
- **Timing**: We have learned about when to attempt WILD -- for instance never at bedtime, but definitely as late in your sleep cycle as your schedule and nature will allow. We have learned the basics of Wake-Back-To-Bed, and understand why it is an important part of WILD. We've found our optimal personal time for WBTB. We also know now that WILD is a thing that needs to be attempted only when there is flexibility at both ends of the sleep spectrum (i.e., never attempt WILD an hour before you must be up for work or school). So now we've got the timing thing down.
- **Ignore the Noise**: We have come to understand that the physical sensations that accompany the natural course of falling asleep -- "Sleep Paralysis," Hypnagogic Imagery, vibrations et al -- are nothing more than "noise" that nature has included in the course of physically falling asleep that you normally would not notice. We know now that that noise should be regarded as mileposts marking physical progress, and nothing more. Above all, we have finally come to understand that SP is not to be feared or venerated by any measure, just noticed...at least I hope we finally understand that (SP is a stubborn subject).
- **Mantra**: We have looked into ourselves and found a word or phrase that we feel might best guide us through the WILD process. We know that, for WILD, a mantra is not a magical or religious incantation, and should not be "supplied" to us by an "authority" like a guru or website. It is just a simple word or phrase that means something to us personally. We know that repetition of our mantra during WILD will keep us focused and, through its personal significance, help us to navigate the often twisty and bumpy path that is WILD.

So that's it then. We've got it all in our heads and under our metaphysical belts: mental prep, timing, mantra, general attitude for success ... Wait. What is missing here? There must be something else ... Oh yeah, the whole "lie down, hold still, and wait (LDHSW)" portion of our journey! I gave this bit a lot of thought (I swear!), and finally decided that I would leave specific front-end process of relaxing and beginning to fall asleep up to you. Seriously. You are each in charge of picking the LDHSW that best suits your interests, abilities, and nature. No, I'm not copping out; at least I'm pretty sure I'm not! Rather, I am acknowledging that somewhere in the eighteen bazillion tutorials and advisory threads out there waits the process that best suits your interests, physical status, and ability. I'd wager that you all have sampled or reviewed much of this stuff; hell, you likely know more about LDHSW techniques than I do! In truth, if you possess the tools of this course, any of the LDHSW methods will work just fine. In other words, the LDHSW portion of the WILD journey is by far the least important, yet, oddly, the most extensively covered. If you possess a strong sense of self-awareness, you know when you're going to WILD, and you've got a mantra to repeat during the attempt, any or all of the popular methods for WILD will work for you, simply because the LDHSW portion of WILD just doesn't matter that much. So pick whatever you want to do for this bit -- if you have the rest of the tools in your belt, then it'll be a snap! Of course, if it is not, bring it up on the Q&A thread, and we will consider some popular LDHSW methods...

So now we've got everything. We're ready. What's next? Well, doing it ought to be next, right? But there might be a chance that you are still not feeling too terribly confident, or have a feeling, based on past experience, that you are in for an hour or so of just lying there with nothing happening at all. This would not be unusual, but do what you can to temper that insecurity with the knowledge and awareness you've accumulated these last few weeks. This is important, because if you expect failure to happen then it will -- in truth I cannot teach or even advise you clear of that roadblock. Confidence is in your hands: you must go into WILD with a positive mindset, or else nothing will work for you, regardless of the quality of your individual tools. And, of course, you need to maintain this confidence even if you spend a few WILD sessions just lying there until you fall asleep or get up, thoroughly frustrated, because WILD doesn't always work (I personally still fail at it more often than I'd like to admit). But I always lie down knowing that this WILD will be successful, regardless of what happened yesterday. So I guess that what is next, what is left, as it were, is the final ingredient for successful WILD: a positive attitude. Before you finally attempt your dive, try to be sure, to thoroughly convince yourself, beyond a shadow of a doubt, that you are ready, willing, and fully able to WILD. Like most things in life, if you truly believe that you are up to the task of completing a WILD, you will do so...and if you are confident, working the dream initiated by a successful WILD will be that much easier.

So to summarize the summary, here are the steps to take for WILD:
1. Determine the best time for your WILD, "schedule" that time, and spend a day or so looking forward to it.

2. On the night before your dive, relax, don't drink or do drugs, and simply, quietly, irrevocably set your mind, intent, and expectations on the mission of staying awake -- holding onto your self-awareness -- while you go to sleep....this bit is important; don't take it for granted!
3. After several hours' sleep (you should already have determined how many), wake up; hopefully you did so naturally, but a minimally intrusive alarm or helpful spouse or family member is acceptable if unavoidable. Remain awake for less than an hour, careful to fill your mind only with dreamy thoughts -- no TV, phones, or internet! Go back to bed.
4. Do your chosen version of LDHSW, with the inclusion of your mantra -- carefully, yet without effort, repeat your mantra with every breath. Let it support you, guide you or at least give your wandering mind something to cling to while you wait for, and then endure, the passage to sleep and dream. Carefully maintain your waking awareness, your sense of self, and remember, at all times, who you are and what you are doing.
5. Mind the noise! Don't let SP matter, skip the vibrations et al, and keep HI from turning your natural progression to sleep into some ersatz mystical experience. Note it all, and use some of it (HI in particular) to form your dream if you must (see step #6), but don't be taken by the "noise," it does not deserve you!
6. Form the dream. With awareness in place and the difficult bits of falling asleep behind you, allow yourself to enter the dreaming, and let the fun begin. Be sure to have a dream on tap, because your dreaming mind might not be ready for you, and might just haphazardly deposit you into your room! Form that dream from your own invented schemas, or use HI to "work" images into a particular dreamscape ... you know the drill!
7. Dream; and do so with the same waking awareness that you had before you lay down.

So that's it; there is no more. It is time. If you were able to pay heed to the rest of the course, you are fully ready to attempt -- and complete -- your WILD.

Homework: Schedule time for a WILD, and have at it! I will be setting up a new thread on which you can report your attempts and have a chance to share and discuss your results – I encourage you to use it. And of course, don't be concerned if you're still having troubles with your dive – I have a feeling you will not be alone! Next week: the bit I left out: DEILD.

WILD Session 7: The Other WILD

So we've learned about, studied, and prepared for classic WILD, and we've discovered one major aspect to all of this that haunts us, and makes us wonder: This is a crapload of preparation and work that promises only a distant chance of a lucid dream; isn't there some other way to do WILD that bypasses WBTB, the noise, and all that unnatural focus? Why yes, yes there is. It is possible to enter a dream without losing waking awareness without orchestrating and enduring all that stuff associated with classic WILD. It is currently known as Dream Exit Initiated Lucid Dream, or DEILD, though like WILD it existed long before the term was invented. If your self-awareness, memory, and intent

are strong but your patience (and, if you're like me, your sleeping skills) are low, this might be just the technique for you!

What is DEILD? In a nutshell, DEILD is simply the act of briefly emerging from a dream – preferably a LD, but you can DEILD from NLD's as well – gathering your self-awareness, and then stepping back into sleep and dreamland, this time with your awareness and intentions intact. Since it occurs, almost exclusively, during the very late cycles of REM, and does not ask you to find a way to go back to sleep, DEILD does not require a mantra, sidesteps most of the "noise," and shouldn't need any advanced "lie down, hold still, and wait (LDHSW)" techniques. So what does it need? Well, of course it needs the fundamentals -- self-awareness and memory -- plus expectation and well-set intentions (from as long ago as the night before is just fine). But every LD needs that; what DEILD also needs is a real desire on the dreamer's part to capitalize on the dreaming/waking cycle and use the force and moment of a dream to initiate another, this-time-lucid dream. Huh? It is way simpler than it sounds, and pretty easy to do, once you get the hang of it. All you need to do is recognize that you are waking from a dream, and then, preferably without ever fully waking up, allowing yourself to drop back into that dream, this time (or still, if you were lucid earlier) with waking awareness in hand. For instance, let's say you are enjoying a LD about a ride on a school bus that's dropping kids off on the moon. You feel yourself beginning to wake up – you know the signals: the dream loses consistency, you start to hear your breath and feel the light pressure of your blankets, and you know that waking life is approaching fast. But with DEILD, instead of waking up naturally, you choose instead to return to sleep and the dream. You step off the bus and stroll the moon, awareness intact ... no need, thanks to your dreaming mind's lingering presence, to form a new dream, because it has one to offer (be prepared, though, for the moon or bus to be much different than the previous dream, though, as your dreaming mind re-spools). Of course, you are lucid, so you can leave the dream or form a new one at will, all without juggling noise or repeating mantras!

The process is simple, though it does need some practice and, of course, mental prep:

1. Recognize that you are waking up from a dream. If you are emerging from a LD or "recovering" from a false awakening (FA), this will be an easy step, for obvious reasons. However, if you are in a NLD, then things are a tad more problematic, but not insurmountable: what you need to do then is to have previously prepared yourself, via earlier mental prep, to be ready for the signs of waking up. One of the main purposes of this class was to instill into you a natural sense for that preparation so, if you've been doing your homework, you very likely will recognize if not actually expect that you are exiting a dream when the time comes. Also, you might have the awareness necessary to dive back in without all these silly instructions!

2. Keep your eyes closed and, yes, hold still. As the dream wraps up and sleep wanes, your body is going to start tripping automatic switches to bring you quickly and painlessly back to waking-life consciousness. You can't let that happen. The first, and most effective "anti-switch-tripping" device is to keep your eyes closed to hold back morning's light (even if you're sporting a sleep mask). Next, to

hold off the physiological progression from sleep to waking, keep yourself as still as possible – don't roll over! You should be getting an assist of sorts from your body, as REM Atonia is usually still lingering during the first moments of dream exit, so you can let the "SP" work for you (finally, you say?). LaBerge suggests simply "rising" out of your frozen sleep body and walking right into the new dream; if you can do that without suffering delusions of OBE, then go for it -- it's a good plan. Otherwise, read on.

3. Remember. Run your recently exited dream through your mind, and decide if you want to return to it. If you do, then simply visualize the dream -- it should still be readily available -- and picture yourself among its scenery and events. If you don't care to return to your previous dream, then pause for a moment – without opening your eyes! – and imagine where you want to be (this phase can even be planned -- when you set your intentions the night before, you might include the scenario for the DEILD dream).

4. Reenter the dream, self-awareness intact. No need to explain that bit, I think!

That is it. Not much different than Lie Down-Hold Still-and Wait, is it? And yet, it is, because you are already lying down, REM Atonia (aka SP) is likely still holding you somewhat still, and though there may be a brief wait for sleep to restart and your dreaming mind to get back into motion, it is not long, because in real physical terms you haven't completely woken up yet. Then why, you ask, isn't everyone just doing DEILD's and LD'ing with ease? Well, mostly because DEILD is still a very difficult process, thanks to the required mental prep noted in step #1 above: it takes a good chunk of self-awareness to identify your "dream exit" state, and building the capacity for that self-awareness takes time and serious care. DILD, by comparison, is a much easier process, because all you really need do is deeply anticipate a LD, file away lots of dream signs, and make RC's a habit. DILD, though, is much more hit-and-miss than is DEILD -- at least theoretically. So that, in a nutshell, is DEILD. I suppose I should have given it more attention, but in the end it is difficult to say more about it without restating all we've already discussed about WILD. The things that matter in WILD are the same things that matter in DEILD.

Homework: Keep attempting WILD's. That's right: WILD's, but do them with an additional level of intent. Now, whether you succeed at your WILD attempt or not, make a point of noticing when you are waking up, and, with that knowledge, carefully return your waking awareness to dreamland. Piece of Cake, right?

Next Week: **There is no next week. I got nothing more, so I think we're done here!** I will continue to monitor the "post your WILD's here" thread for your progress, though, and will certainly be available to answer your questions.

Good luck, and Best of Dreams to you all,
Sageous

Memory: the Forgotten Fundamental

I've noticed that as the waves of techniques, tips, and testimonials regarding lucid dreaming pass relentlessly across these forums, one fundamental of LD'ing seems to be consistently untouched by the flow: Memory. The other two fundamentals -- self-awareness and expectation/intention -- are talked about often, but somehow memory gets, well, forgotten. So I thought I would start a thread about memory, in the hopes that some productive discussion emerges about it. That discussion could be scientific, philosophic, psychological, or even mystical, I don't care -- just as long as we're making some effort to have memory gain its place on the pantheon of what matters in LD'ing. Here, to start things off, are a few of my thoughts, which may or may not include a few things to discuss: First, you might assume that memory mentioned regularly, in the form of dream recall or prospective memory in MILD -- and it is -- but those are only functions of memory, and not memory itself. In the simplest of terms, memory in the context of lucid dreaming, and this thread, is the same as memory in the context of waking life: the storehouse of a lifetime of information, sensations, experiences, relationships, emotions, images, and everything else that combines to form, ultimately, an individual. Memory defines who we are; without it and its context we cease to exist. Our physical forms might still be here, but without memory we are little more than waking-life dream characters. And of course, without access to memory in dreams we are no more than dream characters, period. Given all that, the role memory plays in LD'ing becomes obvious. Yes, for lucidity it is important to be self-aware in a dream, but that self-awareness has minimal meaning or spiritual volume until a dreamer is also able to tap her memory. In other words, a person who is self-aware in a dream but who cannot access memory can do little more than realize that she is dreaming – this is very nice, sure, but it only represents the tip of the iceberg of LD'ing. In order for a dreamer to be fully lucid, to have her entire being in a dream, memory must be accessible. But those are just words; let's get a bit more practical: Again, the memory I speak of here should not be confused with dream recall. Dream recall is certainly important, but that importance lies in adding to memory rather than accessing it. In the case of memory as a LD'ing fundamental I'm talking about accessing your waking-life memory processes when lucid; remembering, during the dream, that you have a waking-life existence, that you consciously stepped away from that existence a few minutes ago, and that you still have a sleeping body right where you left it. This might seem a little silly at first glance, but it is critical toward drawing your waking-life awareness into your dream. This is the case for two major reasons (and plenty more, most likely):

First, the core of non-lucid dreaming consciousness, the basis of your dream-character "you," is that the DC "you" cannot remember that the dream started a few minutes ago (most non-lucids have a built-in assurance – thanks mainly to absent memory -- that the current dream scene is both real and has always been there), and that you are sure that your DC body is the real thing. It is not that your mind is addled or your so-called "dream logic" is flawed, as it is popular to believe; no, your cognition is working fine in dreams. What is missing, or rather what is inaccessible during NLD's, is your storehouse of experience and knowledge from which you could gather that there really are, say, no

swimming pools on the moon. Remembering those things I said above, like that your sleeping body is right where you left it, should help re-attach your consciousness to your core memory and allow your self-awareness to assert itself with proper waking-life awareness. This action will redefine the "reality" of the dream, the rules of the dream, and perhaps even the dream itself. So, you cannot have true -- and certainly not strong -- waking-life self-awareness in your dream if you do not remember that the dream-character body you are currently occupying is not your physical body.

Second, once you've passed this initial hurdle, you likely will have switched your brain's memory-access circuits back to the "on" position, from the "off" position to which they are naturally set during sleep. This will allow you to remember your current dream goals, prolonging techniques, the waking-world histories of the dream-characters populating your dream (giving you opportunity to wonder/explain what they're doing there), and a host of other things. Basically, you will be truly awake in the dream when memory is accessed, and waking-life self-awareness (aka: lucidity) will have opportunity to prosper. Again, it is certainly possible, and quite common, to have low-level lucid dreams without memory access switched on, but you will never get much further than that initial feeling of "knowing" this is a dream. For instance, you will still be surprised by events around you because your dreaming mind is still in control, you will have difficulty doing things like flying because you still believe your dream-character body is real, and you might for the same reason have a tendency to believe that the other dream-characters around you are the real things, and not just avatars of people you know (or don't, as it were)... now for the dream-sharers and astral-projectors out there, there's no reason not to believe that those avatars represent actual people trying to contact you, but you must remember that they are just representations and not the real thing; there is a difference. It is also possible, with memory absent, to have a non-lucid dream during which you think you are lucid. I used to get these "False Lucids" all the time, as my dreaming mind obliged my expectations and gave me all the things it assumed I wanted to fulfill my current lucid fantasy. So I did all the cool stuff without a grain of waking-life awareness or actual control, all because I failed to remember my true nature and condition -- and the fact that the dream world I was in was created just moments earlier.

Here is one quick hopefully helpful hint to ease that effort: it is a good thing to always include some mention of memory during your reality checks and when you set your intention before sleep. For instance, when practicing reality checks during waking life (and everyone should be doing that!), don't just confirm that the clock didn't change, or that your hand still has five fingers, but, when you're done checking your state, take another moment to remember exactly what you were doing say, fifteen minutes earlier. And when you set your intention at bedtime, add a simple "I will remember" to your stated plans.

tl;dr: the memory I speak of here is, I suppose, nothing more -- and nothing less -- than the memory you access during waking life. It is the experiential, foundational background that defines your individual self. That memory must be present during a LD seems to me to be a no-brainer -- while

I'm awake. When I'm asleep, and memory access is turned off, the story is much different, and it can take real effort, and strong self-awareness, to access waking-life memory.

> [Q: The theory being out of habit that will manifest during a reality check in a dream and have the potential to connect with waking memory? Perhaps by leading to a dead-end in backward dream time and trigger an insight/realization of waking life, thereby providing a frame of reference to contrast the two realities and increasing lucidity in respect to memory?]

In a word: yup. I think your question was rhetorical, but I figured I should answer to confirm that you got it mostly right -- I tend to shy away from the word "habit," because habits imply rote behavior that can just as likely lead to false lucids (i.e., dreams about doing that RC, and "remembering," thanks to your ever-agile dreaming mind, places other than your bed). Instead of "habit," think in terms of that bit of remembering where you just were after a RC helping you develop a general mindset that includes an interest in remembering... so, should you do a RC after you realize you are lucid, you will want to remember where your sleeping body is. On writing the above, I realize that I might just be talking semantics here, and "habit" and "general mindset" are pretty much the same thing. I don't believe they are, but I won't argue that they are not.

> [Q: ... not once in a lucid have I contemplated "my body is asleep in bed, and this amazing dreaming experience is all the creation of my mind." I remember (TOTM, competition) goals reasonably well, though. Having such a reflective moment at the start of an LD is moving to the top of my list. It will, as Nfri's Yuschak excerpt and as Sageous has been telling us since forever, take my LDs up to the next level, I'm positive.]

Well, better late than never, right? Since it's been brought up a few times already, let me reiterate that trying to remember where your sleeping body is, and that it is both asleep and not the "body" you are currently occupying, is about the best way I know to restore your connection with memory. Funny thing about remembering more abstract things like dream goals: though that is always a good thing to do, dream goals are items (call them "day-residue-plus," because you have likely included your goals when generating expectations during the day or setting intention at bedtime) that may already be built into your dream schemata (a very good thing, BTW), and are idling in your unconscious until you lucidly get to them... in other words, you can access your goals without modifying your weak or absent connection to memory. Better to remember something real, like the fact that just a few minutes ago you were falling asleep in bed, and that your body is still there, snoozing away.

Another thought I just had along these lines, remembering your sleeping body is also better than the "remember to remember" exercise, in terms of reconnecting with memory. Though remembering to remember is a great thing to do for building your self-awareness, and a good practice in waking-life as well, it too might be a bit too abstract or potentially esoteric to guarantee a reconnect with your memory.

> [Q: Hey Nfri, I don't go with your idea that we dream all through the night. There are clearly very different levels of activity that can be measured in the sleeping brain, and the slow wave Delta activity really does seem to be that the brain is working at a much slower pace than when in REM. No one quite understands why we dream, but the chemical cycles strongly suggest heightened consciousness during dreams.]

I hope Nfri doesn't mind if I butt in here -- and still answers you on his own -- but I believe that consciousness can function just fine during delta (or at any other time of the night). I believe this not just because I've managed a few full nights of self-awareness, so for me it is proven, but because consciousness is always active at some level; yes, during delta sleep we do lack the levels of consciousness enjoyed in REM, but consciousness is still present and can be elevated -- especially if you are able to hold onto self-awareness and remember during delta!

> [Q: I don't quite get the point about memory either. Our life experience memories don't disappear when we sleep. They are still there, and it is the block on recall of those memories that stops or hinders lucid dreaming. We should redefine consciousness to include dreaming as an inner consciousness, and waking life as external consciousness perhaps?]

No, our life-experience memories do not disappear; we simply lose access to them during dreams. That was sort of my point, that memory is as complete and functional as ever during sleep, but our capacity to access it at that time is diminished, completely extinguished, or, yes, blocked. So you and I are in agreement here (I'll let Nfri speak for himself). I also see no need to redefine consciousness as you describe. I think consciousness itself is pretty much the same in waking-life as it is in dreams; it is your waking-life self-awareness that you are elevating to become lucid, and not consciousness. And in my mind you can be just as unconscious during waking-life as in dreams.

Lucid Dreaming Fundamentals -- With Q & A

In a recent PM Darkmatters, in response to some of my fairly incomplete posts that hint at my experience and slightly different path for LD'ing success, asked me to share with the forum "How I did it," and maybe create a thread in which other dreamers could ask specific questions I might attempt to answer. Normally I'd pass on doing this, since my methods and perspectives don't always mirror the general consensus of what works, and I feel no need to intentionally stir the water around here (something I seem to do all the time anyway -- sorry!). Also, a voice somewhere in the back of my head regularly asks, "Who the hell are you to assume to know more than they do?" Good reasons to keep my trap shut, all; but, as I've been at this for well over 30 years with some real success, and Darkmatters insists, maybe there is something worth sharing. If you don't think so, just move to another thread. If you're curious about what you would ask me, then read on...

First, a little history: I've been doing this LD'ing thing intentionally since the 1970's – long before PC's, smart phones, and the Web itself. Even books on the subject were scarce and often misguided.

Nobody I knew understood what this was, or really gave a crap if I dared to describe it. By the early '80's I had done it all dream-wise: flown, traveled through space (my version, I'm sure), controlled every aspect of dream schema, chatted with all manner of DC, died, had what felt like OBE's and shared dreams, etc, etc, etc. I even wrote waking-life novels (mostly much later) about it all, building their plots around my actual dreams. But there was something missing: I wanted to use LD'ing as a tool for transcendence, as a way to move my consciousness toward spiritual and physical experiences that humans are not naturally meant to have. But all the stuff I did hadn't been helping. In fact, it seemed that it may have served as a block to my seeing what I needed to see -- the excitement and adventure inherent in low-level lucidity reduces interest in doing hard work to expand to higher levels. I was on my own until the '90's when Stephen LaBerge's EWOLD fell in my lap (it came with the Dream Light I had ordered from a catalog). From it I learned that there were terms for what I'd been doing for decades, and that I wasn't alone. I discovered that I had not just been aware I was dreaming all that time; I had been experiencing Lucid dreams. And I was inducing them with what apparently were called WILD and DILD induction techniques (before that I just called them "Lying there until the dream starts", and "waking up in a dream," respectively). To give the experience a name did help, but only to define, not improve, my experience. By the early 2,000's, after trying just about everything, including hypno-tapes (yes, tapes), machines (that Dream Light cost $1,200, BTW), and guru-based dream camps, I came to the conclusion that all the "stuff," including supplements like gallantamine and vitamin B6, cleverly named techniques like WILD, DILD, and MILD, really did nothing to further push my LD'ing envelope. In time I realized -- mostly on my own but also by picking the brains of very experienced LD'ers while I moderated the Lucidity Institute's forum for a couple of years -- that it wasn't the stuff that made even the weakest LD's tick; it was careful attention to the fundamentals.

In a sense, LD'ing is a 3-legged stool. The first leg is the state of dreaming itself, and the second and third legs are self-awareness and memory. The absence of any one of these legs means the stool topples and poof! No lucidity. It's that simple. All the machines, gurus, techniques, and supplements in the world would do nothing, I knew, until I mastered these two things. Of course I haven't yet mastered either; that might never happen. Although I -- and any successful LD'er, I must assume -- had some grasp of these "legs," my hold was far too tenuous to seek the things that I knew I should be able to find. But the act of finally making self-awareness and memory a priority elevated my LD'ing experience from one of enjoying the wonders of my dreams as supplied by my dreaming mind to one of real control, creativity, discovery, and growth. Since improving my self-awareness, some of my dreams, I think, have been downright transcendental in the last few years, and I believe it is because I simplified my quest. Now, for those still with me, the fundamentals:

Self-awareness is nothing more -- or less -- than being aware that you are here, that you have an effect on everything around you, and everything around you has an effect on you. This sounds like a no-brainer, but it's a lot harder to master than it sounds. Most people are content to live their entire lives without a moment of self-awareness, content to let the events of their world wash over them and to

remain unaware of how the things they do and say touch those events...sort of living life like it's a dream, I suppose. Perfecting self-awareness is simple: pay attention! Unfortunately, humans are naturally wired to not pay this sort of attention, so it takes a lot of work to stay focused and not lapse back into the easy strides taken by those who travel life without ever once checking the path. Memory is more of a physical issue, because it is inaccessible, or effectively "turned off," during sleep, naturally out of reach of dreamers. This is why so many things in your dreams seem so normal and obvious, but in reality are impossible. Turning memory back on is not easy, but it can be done. Indeed, there are many mnemonic techniques available that will help you, but suffice it for now to say that if you can't remember during a dream that your waking life body is sleeping right where you left it, you might never be able to step above the lowest levels of lucidity. And yes, your dreams are certainly filled with "remembered" images; but these images are awash in a matrix of archetypes and powerful long-term memories. Short-term memory, and active long-term memory (the thing that reminds you that cows really can't fly), are naturally inaccessible. [Edit: I went on a bit further about memory on a separate thread here, if you are interested]

Since developing self-awareness (or a powerful sense of Self) and memory are very personal, often difficult, long-term projects that are done during the dreamer's waking life, I really think you need to carve your own path toward a goal of achieving them, in terms of method (ie, Lidybug's Clear Light perspective thread shows her wonderful method for developing self-awareness).

Be advised, though, that doing so will take a while, and likely require some real sacrifices and discipline on your part. If someone offers you a magical shortcut to higher awareness, assume that they are wrong, or lying. All the machines, techniques, etc, are certainly helpful (if you're interested, I'll be happy to share what I found works best -- just ask), but they will never get you to high-level lucidity – only your own hard work will.

Okay, I realize that I have spent all these words saying next to nothing that's really helpful; I would need many thousands of words to do true service to this subject, which is not acceptable in this "tl;dr" world, much less on this forum. Besides, I think in the end I'm better at answering questions than presenting things cold. So, if you're still with me, ask what you want, and I will tell you what I know, or at least believe – as briefly as possible! Thanks for bearing with me on the intro, and I do hope that I seeded it with enough stuff that will make you curious enough to ask for more...

> [Q: In the first paragraph you mentioned that "my methods and perspectives don't always mirror the general consensus of what works" but then you never explained what those methods and perspective are! What do you use that isn't mainstream in the world of LDing?]

As I mentioned above, I never explained on purpose -- better to deal with things one bit at a time instead of in one giant unreadable chunk -- especially when that bit might be something a dreamer actually wants to know. At any rate...

My methods are, I suppose, ultimately very similar to what's on this site -- most of my LD's these days are effectively WBTB WILD's, or post false-awakening DILD's. But I have a feeling that that's where it stops. First, I do RC's backwards -- I use them during waking life to build my awareness and memory skills, and never do them during dreams at all -- why bother if I've got enough awareness in my system to know I'm dreaming already? Next, I have a feeling my WILD's wouldn't fit the bill here either, because I get no "vibrations," or similar, and I have never cared -- or even bothered to notice -- SP; stuff like that is ancillary to the LD, and should be set aside rather than noticed (or, worse, than focused upon). Also, once dreaming, I have no real interest in many of the standard LD tools anymore, like questioning DC's (indeed, I'm more interested in avoiding the pesky buggers as they crowd me, shout at me, and grab at my ankles when I try to leave the dream!), spinning, shouting out commands (tho I used to do that a lot, and eventually found it diminishes awareness rather than improves it), or other enhancing methods that might be effective, but are simply off my radar. That doesn't mean there's anything wrong with any of those things, or with talking about them. What it means is that my experience no longer reflects that stuff, and I'm not sure people want to have discussions about spending long hours during waking life trying to build memory and awareness, and then have dreams about essentially nothing (wait for it):

That sort of points out my perspective as well: When I become strongly aware of my Self in the dream, I immediately set into motion (when I can) a plan that includes leaving the dream and going to a place where there is absolutely nothing, so that I can try to build new metaphors that don't exist in this reality. LD'ing is generally a form of entertainment for folks here -- again, that's an excellent reason to LD, and I did it for years. But my focus is using LD's as a tool to expand the boundaries of my conscious experience, and perhaps learn new ways to understand -- or effect -- reality. Nothing wrong with that, either, but it sure ain't the most mainstream attitude here.

> [Q: I'm also curious about your OBE, and shared dreaming experiences. Do you actually believe you were out of body or sharing a dream? Or do you simply think your mind was tricking you into believing that?]

No, I don't believe that I was actually out of body during my "OBE's", because I was never able to prove to myself it happened. Same with shared dreams. I'm not sure saying that my mind was tricking me is the right way to go here, because I was never asking or hoping for OBE's or shared dreams -- they just happened. In a sense, I had experiences that fit the descriptions of OBE's and shared dreams on this site, so literally by definition I had them. Because I never asked for them, or did anything intention-wise to create them inadvertently, all I can say is that they were simply odd experiences. Maybe someday I'll be able to prove to myself that they were real, but nor yet. I hope that was enough for you, and that some of it made sense -- If not, ask me again; I'm bound to get it right eventually!

> [Q: I have a question, when doing a WILD technique do you do it right when you go to bed or set your alarm to wake you up? Also what keeps you motivated when doing a WILD? Often I came across the problem when doing it that it just takes a long time. Also what can you recommend for improving memory?]

I do not recommend trying WILD when going to sleep at night. This is because your sleeping body will not work with you at that point. REM cycles are still more than an hour away, and it is difficult to impossible to maintain waking awareness through the delta (deep, dreamless) phase of sleep that precedes the REM cycles. Better to do WILD's in the morning, after you've had a good night's sleep, and REM cycles are close together with little delta sleep interruption. So yes, I set an alarm -- usually about five hours after whenever I go to bed at night -- for my WILD's. What keeps me motivated? That's an excellent question. It's less what keeps me motivated than what can I put in my mind that is simple enough to remember as the time passes and drowsiness sets in, yet powerful enough to remind me about why I'm doing all this when sleep finally comes. For me, it is simply the words, "Here & Now," repeated as mantra, with an undercurrent of my intentions for this particular dream hiding in the background of my thoughts. Most importantly, keep it simple, so that you can grab onto it as all those stray thoughts wander by while you are awaiting sleep.

To improve memory? I recommend a trip to the bookstore or online store, because there's a lot of stuff available out there far beyond my meager suggestions. That said, I've found that getting into a habit of asking yourself what, exactly, you were doing fifteen minutes ago helps a lot. Also, you should always include an attempt to remember something (like, where is my sleeping body? What's the date today?) in your "becoming aware routine during the LD. Crappy answer, I know, but memory is a bear, and should be treated that way.

> [Q: A lot of my WILD'ing seems to happen by luck, that is I'm falling asleep as I normally do, with just the knowledge that I am going to attempt a WILD, and whenever it works, it usually goes like this : I'm sleeping,, slowly but surely I lose consciousness but it seems that right before the time of entering a dream (transition) I am randomly woken up from my unconsciousness, and am aware of the fact that I am attempting a WILD. Seconds later I usually feel the SP effects and transitions,
>
> My question to you is, what do you think would be a better way for me to WILD rather than just rely on the luck I described above, and also what do you think it is that wakes me up right before transition. I know other wild'ers mention "anchor's" that they use to bring them back to conscious awareness whenever they are slipping to low, but for me it always feels like luck and random awareness. How can I improve this method, and also how could I learn to WILD at will for example, at night before prior sleep, or during a late afternoon nap.

> Last question, what is your take on dream control and improving it? Does it all have to do with confidence.]

First, from what I understand from your post, you may not be Doing WILDs at all. This is because I am pretty sure that you need to maintain waking consciousness straight through to the dream. Did I misunderstand? Assuming I didn't, it would make sense that you're not WILDing, because I'm also pretty sure that you can't WILD by luck. You may simply be doing DILD, with some pre-sleep hypnogogia thrown in. There's nothing wrong with any of this, BTW -- one of the most mystifying things about this forum, to me, is the importance attached to WILD, even though DILD and MILD are both easier to do. Now to your question, if you're still willing to consider my opinion.

I suggest that you work with what you have. Instead of trying to do what you read about here (WILD), why not adjust your expectations slightly, and assume that this "lucking" into an LD is a unique method that works for you? If you get into a habit of setting your intention before bed, and develop a real sense that you're going to have a LD, you might find that you never need to WILD! That said, as I mentioned earlier, I don't believe it is possible, or at least it's incredibly impractical, to induce an LD with WILD when going to bed at night. If you really want to try it, try doing WBTB, with the WILD attemp coming after several hours of sleep. My take on dream control and improving it does indeed all have to do with confidence. Confidence drawn from high self-awareness and good memory. Work on those two things, and controlling the dream will become second nature to you, simply because it will become so obvious that this is your dream, controlling it would only make sense.
Sorry if this is stuff that you didn't want to hear. For what it's worth, though, it sounds like you're on a good path -- don't get derailed by thinking you have to use methods that might not work for you.

> [Q: Nice post, I really look forward to all of these questions being answered!
>
> Q: Now that you've done all the "typical" stuff in lucid dreaming (flying, space travel, etc.) what do you do now in your lucid dreams?
> Q: What are your current dream goals since you're so experienced and have done a lot of things?
> Q: Can you describe some of your "transcendental" experiences?]

A: In all honesty, I do still do much of the "typical" stuff, simply because a) often my lucidity is too weak to do the stuff I want to do and b) sometimes the dream scene I'm in just looks like too much fun to step away from! I guess what I "do" is use my lucidity to push the envelope of conscious experience beyond anywhere it's ever been before -- and then try to understand what I just did. I also use it to explore -- or perhaps prove the existence of, my unconscious mind, my soul/spirit/what have you, and wonder at their relationship with all the other consciousnesses out there. Or I just hang. For instance:

A. When all my stars are aligned and awareness and memory are in high function, the thing I'm working on now is something I'm calling a "Trinity Engine." What I do is eliminate the dream, set my presence (I never have a dream body in high-level Lucids) on a simple plane, and try to create before me an assemblage of three pieces, one representing my body, one my mind, and one my soul. Once the engine is assembled, I hope to have before me a metaphor that will allow me to communicate with the three facets of my being all at the same time. Sounds simple, right? I've been trying to do this for years now, and can't even get the simple plane to appear, much less conjure the three pieces... For reasons I cannot explain, this is amazingly difficult, like I've got a mental block or something. Hey, you asked! Another thing I truly love to do is make all things disappear around me so that I can spend time floating in empty black space (or occasionally a thick gray mist), perfectly calm, alone, and content -- there is no experience on earth like this!

A. No. I'm not ducking the question here, but by their very nature transcendental experiences cannot be described. This is because when we have a transcendental experience, we are doing/seeing something that lies above all human metaphor. In other words, if you do something that is totally outside human experience, it is impossible to describe, even to yourself, what happened. Doesn't really seem like something worth doing, does it? Here are a couple of neat related tidbits though: first, that Trinity Engine is a transcendental device; for all I know, I'm completing it every night, but just don't know it! For that matter, we could all be having transcendental experiences on a regular basis, but we cannot remember them because our minds lack metaphor to translate them to human understanding. again I say: Hey, you asked!

> [Q: So to questions -
> - Have you ever spoken to a dream character or entity that felt external to yourself sufficently that you would question whether you had made him up or he was something else?]

All the time. One of my favorites is a young lady I call the "skinny little thing (tho she's told me her name five times now, I can't for the life of me remember it)," who often appears when my awareness is on the rise and I'm about to leave the dream I'm in, only to do everything she can to distract me from my plans. My dreams are regularly populated with strangers -- indeed, often the entire dream scene is completely foreign to me (I call those "other people's dreams." I once tried to start a thread about them). So yeah, that happens a lot. However, I don't really give it much thought... Since there's no way to explain the phenomena, I'll just assume it's my imagination until I can prove otherwise to myself.

> [Q: - do you take any precautions while dreaming to protect yourself in any way?]

Nope.

> [Q: - You talk about awareness. Is it like being aware that you are breathing all the time? Or something more in the lines "the smaller the intervals of time between yourself looking around and question reality= the more aware you are?]

More like the latter, I think. When I think of awareness, I think of simply acknowledging that which is around me, and knowing that just the fact of my presence will have some sort of influence on what is -- and who is -- around me, and vise-versa. To exercise your awareness doesn't mean, to me, that you must be actively looking around or questioning reality (though neither would hurt); it more means a realization both that I am not the center of my universe, my actions can have an effect on people other than me, and that I have no special immunity from universe's actions. And yes, the smaller the intervals between moments of this sort of knowledge, the more aware you are. Also, to avoid confusion, I am actually talking about self-awareness here, though in this context I think the terms are interchangeable.

> [Q: - How important is regular sleep? 2 nights per week with less sleep are not an obstacle right?]

Regular sleep is critical. Not so much "eight hours a night," though, as a regular pattern of sleep so that your physical body can maintain some sort of sync with your intentions and dreaming mind. Two nights a week with less sleep shouldn't be a problem at all, as long as there is some consistency to your patterns.

> [Q: Also, what is more important: waking up always at the same hour, or sleep as most as possible?]

I'm not sure which is more important, because both are very good things. I've found that my LD's are consistent if I do my WBTB after about five hours of sleep, with sleep starting at around 3am -- I have no idea why this is true, but for me it is; go to bed at 2 or 4, or get up at 7 or 9, and the dreams just aren't as accessible; I suppose that may be my dreaming "sweet spot." But then again, a whole lot of sleep -- 12 hours or better -- can lead to frequent REM cycles mixed with a state of near consciousness, and this is a perfect mix for LD'ing. As I age I find that my body has simply no interest in sleeping that long anymore, but in my teens I regularly slept that long (to my mother's chagrin) with amazing results. So I guess they're both good, with importance measured by your age, perhaps, or maybe your ability to find that sweet spot.

> [Q: - Can you give us more insight about the dream world? My first lucid (the first night ever I heard about lds) was actually much more stable and lucid than all my next ones. What should I do when I get lucid in order to increase clarity and lucidity: embrace the reality of the dream (interact), or actually focus on the scientific perspective (my body is asleep in bed, this is a mere dream world in which I can play with my memories of the real world/sensations)?]

I can give you lots of insight about my dream world, but not about yours -- that place is of your own making, your own discovery, and, ultimately, your own definition -- and don't ever let anyone tell you otherwise! That said, here are some insights, as best as I can present them: It seems that many people suffer that sort of first LD backdraft. I think it comes from the initial amazement at the experience mixed with subsequent attempts to duplicate the novelty. I also have a suspicion that those first LD's really weren't much different than later ones -- but the memory of the moment is so powerful that it represents for you a great, long-lasting, vivid moment, to correspond with the emotion you felt at the time (think about big moments in waking life whose memories are represented the same way). How to increase clarity and lucidity is a difficult subject, because it varies from dreamworld to dreamworld. For instance, if the fantastic is your thing, then embracing the "reality" of the dream is an excellent way to increase clarity; you can jump in and play with your creations at will. But if you are a rational, scientific sort, I can almost guarantee you that embracing the dream will at least end lucidity, and likely will wake you up -- better here to study/play with your "obviously" surreal surroundings, and do those tricks (like spinning) they talk much about here to increase clarity. Unfortunately, no one is exactly at either end of the spectrum, so you need to experiment a bit to see what mix works (and yes, the very act of experimentation will likely increase your lucidity). And finally, whatever your perspective, it is critical to always remember that this is a dream, and that your physical body is sleeping somewhere. Memory is one of the fundamentals, and shouldn't be left behind in the excitement (as so often happens).

> [Q: Thanks again for all the advice/tips, also, I had this habit of stopping everything and ask write in a paper what had happened in the last 30minutes: from all the sensations to description of scenario. I think I'll go back to it, at least in my head]

Excellent habit -- I hope you're successful recovering it, because it will help!

> [Q: 1) You mentioned that you need to develop your sense of self and your memory in order to have consistent LDs and you said this is a lot of work. What I hope you'll share with us is - exactly what kind of work did you do to achieve this?]

The work is very simple, but very time-consuming and very easy to walk away from (even accidentally), so it demands real discipline, and a lot of time. Here it is:

Self-awareness work is almost self-explanatory: Simply do the stuff I said above to Zoth00, and do it constantly. If you're walking around the house, take a moment to notice your surroundings, maybe touch a wall, or note the changes in light, smell, or sounds as you pass from room to room; when you're having a conversation, don't just listen to the other person (as you should be doing anyway!), but listen to yourself as you speak: pay attention to your thoughts, and how closely the words escaping your mouth actually match them, note your body English, your tone of voice, and then take care to notice how the person you are speaking to reacts to your words (if at all); when watching TV

or playing a video game, take a moment to wonder at how effectively your brain's been shut down, and maybe set back and try to think about the show or the game, not as entertainment, but as a real unit of your life -- after all, it is sucking up many hours of it, so it should be given the attention it deserves! There are many other things I do, and that you can do, but I think you get the idea: Building self-awareness is simply a long, often exhausting process of fighting the natural tendency to ignore anything that doesn't smell tasty or look sexy, to step above my DNA-based assumption that I am the center of the universe. It takes a lot of discipline to avoid reverting back to the easy -- i.e., losing myself in a TV show, or simply waiting my turn to speak and then spewing words without even wondering from where they came -- so, though the work is simple, doing it can be very difficult, if occasionally impossible, and demands that I step away from the ease of life without awareness, often. Oh, and try to avoid too much of the "deep and meaningful" crap the books are full of as you measure your awareness; it only muddies the water.

Memory is just as simple, and just as hard, because once again you are fighting a hundred million years of nature -- You must turn your memory back on when you are dreaming. Since self-awareness in a dream isn't terribly natural either, if your awareness is strong in a dream, you should be able to switch memory back on more easily -- but even then it is hard, so back to waking-life work:

I've found that the best way to develop this skill is by building a habit (again as Zoth00 mentions above) of remembering what just happened. If I am constantly wondering where I was and what I did fifteen minutes ago, I will likely drag the habit into my dream and do it there as well. Trouble with this is two-fold -- first, it is remarkably easy, during the course of a busy day, to forget to remember; and second, the remembering has to be somehow novel yet consistent -- you want to value your memory, so that it has some meaning other than a rote statement like "I was in the kitchen," and you don't want to fall into a routine of remembering the same thing over and over again, which will happen if you do this too often. Try to keep each memory significant, even if it is about nothing at all. Also, note that this exercise is pretty much just for short-term memory, but I also think that that should be the target anyway, dream-wise, since long-term memory tends to be present -- loosely, in the dream itself anyway.

I have found that some sort of trigger, like a watch with an alarm, or an unusual object like a rabbit's foot in your pocket, can help "remind" you both to remember and to test your self-awareness. In fact, the best toy Stephen LaBerge made was his P.E.S.T. (Personal Electronic State Tester), because it could be set to randomly buzz or vibrate to remind you to pay attention.

Bottom line: the fundamentals are simple, just pay attention to your place in reality and your effect upon it (awareness) and make remembering, especially the short-term variety, a priority. It's doing it that's a bitch. Also, in both these instances there are probably plenty of self-help books that might have worthwhile advice that's better than my generic opines. Of course, I don't know of any myself...

> [Q: 2) I want to hear your story - How did you first discover/achieve lucidity (I take it you stumbled upon it before knowing what it was?) - was it because of nightmares as so many people report?]

I'm not sure how important my story really is here, and it's kind of dull, but here you go: Dreaming has always been important to me -- I was a vivid dreamer in childhood (I still remember many dreams from very early years), so when I entered my teens and had my first painful throes of self-awareness, some of it was manifest in my dreams -- in other words, I had accidental, very intense LD's when I was around 14, like many kids do, but they seemed important enough to do something about them. So I did. I had no idea what to do, so basically I slept a lot and waited. By college, I was LD'ing almost at will, and exploring the crap out of pretty much anything I could dream up. Unfortunately, self-awareness and memory weren't too terribly important to me yet, so the level of lucidity I enjoyed was never much more than middling. So no, I didn't start LD'ing as a response to other people's words (aka books) or in reaction to anything, like nightmares -- though I haven't had one since that time, so I do enjoy the side effect! It was more that LD'ing was just another part of my life that was supposed to be there, and needed to be developed. I hope that was enough -- I get bored when talking about myself, and I'd bet I'm not alone. If it's not, let me know.

> [Q: 3) What are the best lessons you took away from the LaBerge camps, and do you still do things that same way in terms of inducing lucidity, or have your methods changed since then (and if so why did you change them)?]

The greatest lesson I took away from dream camp was that there are other people who did this insane dreaming thing called lucid dreaming. Period. Stephen's show is certainly informative (especially if you like science), and Hawaii can't be beat, but to be among a bunch of smart, curious dreamers all interested in -- and deeply knowledgeable about -- LD'ing is a truly magical experience. So much so that I went back two more times, just to soak it all up! That was it, though -- aside from introducing me to gallantamine (Stephen likes to think he "discovered" it as an LD'ing aid, and he could be right), the dream camps taught me nothing new, technique-wise. In fact, I think some of the campers might have learned more during lunch conversation than during Steven's lecture's! Still, if you've got the bucks and time, I highly recommend the experience -- it's worth it.

> [Q: This one is more of a comment than a question. I've read in several books that it's common for people in the beginning to use lucidity as a wild adventure, and then after doing it that way for some time to move on to 'deeper' more meaningful explorations. Keep in mind most of the people on this site are teenagers or in their early 20s - so I can see why many of them are in the adventuring stage - it would probably be a shame to pass through that too quickly - like skipping childhood and just going straight to being an adult.]

I do try to keep this in mind -- which is one reason I tend to keep most of the "high-end potential" nonsense to myself. The last thing I want to do is imply that the adventure is to be moved beyond as quickly as possible -- that would be a lie, as I still adventure often myself. But I do like the idea of planting a seed of potential in dreamer's minds, because maybe, when they've run out of orcs to fight, they'll remember that there is so much more to do. Oh, and that "so much" can be incredibly fun, too!

> [Q: Yea I second what fancy rat said, maybe it is a variation of the WILD, because I do in fact go straight from being awake into a dream, but somewhere along the line it seems like I almost slip below the normal level of consciousness. Its as if I'm lying there for a long time, and I'm almost to the point where I want to just give up and sleep, but the hypnagogia and SP effects seem to wake me up before I get into the dream and REM sleep, so I become concscious and enter the dream that way. I respect your opinion, but I don't think I am DILD'ing in those situations, because I've had both, in my DILD's I'm in the dream normally and become aware of the fact I'm dreaming, but in these "WILD's", even though I temporarily feel a loss of conscious, I still enter the dream lucidly from a waking state, so I'd still classify it as a WILD.]

Well said, and I understand what you mean -- though I can't help but wonder if you are confirming FancyRat's new SPILD technique! I'm surprised that nobody's mentioned the LD that comes from False Awakenings, but I guess FAILD isn't the best of acronyms... But now I have a question: Does it really matter how you get there? Isn't the real priority the LD, and not the method of its induction?

I guess what I'm trying to say here, and on this thread in general, is that if you mind the fundamentals -- self-awareness and memory -- how you become lucid will become more a matter of convenience than focus (ie, set intentions for DILD at night and WILD during morning naps, because that's when best to use either, respectively). I'm not trying to be an ass here. I know the induction techniques are important, especially when starting out, but their glamor tends to overwhelm the skills you need to stay lucid and enjoy the dream once you're in. If you ignore those skills, it really doesn't matter whether you're using WILD, DILD, MILD, or, now, SPILD -- you're still going to miss out on the real wonders of LD'ing. Just a thought...

> [Q: Oh, just thought of something I'd like to comment on - You say it's important to remember that your body is laying in bed sleeping. I've read several times in here that it's actually important not to think too much about your sleeping body because it can wake you up. (I THINK that's the risk anyway?) But maybe there's a difference between remembering that your body is sleeping in bed and concentrating on it too much? I think the danger might be that if you think about your sleeping body then when you move you might actually move a real limb and wake yourself up?]

I've read that myself. Sure, thinking about your sleeping body too much might wake you up. But then, thinking too much about your dog's overgrown toenails would do the same thing, as would thinking too much about what you're going to wear to school tomorrow...My point is that thinking too much about anything could cause you to wake up; moderation wins in LD'ing. So yes, thinking too much about your sleeping body might wake you, but simply holding the truth that you have a sleeping body right where you left it before you entered this dream world will do no harm at all, but will help your lucidity dramatically. No concentration or focus necessary -- just memory!

> [Q: Oh one more thing, you talk about one of the keys to LD'ing being awareness, specifically self awareness. Like just knowing that you are here in this world and everything you do has an effect on things around you. I've got to ask, what would be your advice for people like me who have just started LD'ing months ago and just recently learned about things like awareness? To increase the quality and quantity of lucid dreams, how should one go forth pursuing this? Sounds like a bit of a broad question but what I'm pretty much asking is how do you go from very short, unclear and low quantity of lucid dreams, to having many vivid and wondrous lucid experiences using awareness?]

Yep, that was a broad question, all right, and I have a broad answer for you: Yes, a high level of self-awareness should help you increase all levels of your LD's. This is true by definition since lucidity is actually just awareness that you are dreaming, so more awareness ought to mean more lucidity, right? Also, since the dreams are generated from your own mind, self-awareness should increase your ability to accept the nature of what's being created (that it's all yours), and from that you should have a greater ability to control the dream and perhaps tweak some real vividness or adventure from it. And yes, if your self-awareness (and memory -- don't forget memory!) is at a high level, you should find your quantity of LD's increasing to a point where you can LD pretty much whenever you really feel like it. Now for the part you don't want to hear (and I don't blame you):

> [Q: Are you talking in a similar vein to techniques like SAT (sporadic awareness) and ADA like darkmatters previously mentioned?]

Yup, Darkmatters pretty much pinned down what I said, if you're looking for a specific technique in my words. Trouble is, the technique does not matter. How you develop your self-awareness and memory is totally up to you -- pick someone else's technique or make up your own; it really doesn't matter. What does matter is doing the waking-life work. The work, simply, is building your self-awareness to a point where you consistently know that you're not the center of your universe, and that you are part of everything around you (I know... blah, blah, blah; but you get that part, I think), and developing a habit of consciously testing your short-term memory. These are both very simple to describe, but will involve sacrificing lots of waking-life time and gathering the real discipline necessary to fight the mechanisms Nature has spent eons installing into your psyche. This is not a "technique" you can memorize today and master tomorrow -- hell, I've been at this for decades, and am not even

close to mastering it. Now the good news: it might take you a very long time -- years, perhaps -- to develop the awareness and memory skills needed for high-level lucid exploration. But keep in mind that achieving longer and more vivid LD's does not require high lucidity -- in fact, some of the most adventurous LD's I've had came with very little awareness and memory! If you take your waking-life work seriously, you should see some results relatively quickly. And here's where all those techniques come in handy -- DILD, for instance, relies heavily on memory and doing RC's, so if you build RC's into your memory exercises, DILD should work better for you fairly quickly. Also, all that stuff they tell you about expectations and setting intent before sleep work just fine in low-level LD's, and even slightly improved memory skills make these much more effective -- and might even improve the dream. Also, if you are working steadily on your awareness, you'll discover fairly quickly that, after becoming lucid, you'll have a deeper feeling that "all this" is from you, and this will help with control, vividness, and adventure. Broad enough for you? Sorry about that! The problem with these fundamentals is two-fold: First,in the end it all comes down to you, your personal strengths, and your personal desires; all the techniques in the world won't help if you're not interested in developing the fundamentals. Second, nothing wonderful is ever easy, and no great personal feat -- like LD'ing -- can be properly done without some real time and effort. If someone tells you otherwise, don't believe them.

> [Q: Whenever I remember to, I usually question my waking reality, I look around at things, question whether I am dreaming, I question how I got to the location I am currently at, and where I plan to go, as well as my reason for being at said location. If I can give a clear concise answer to every question, and do a RC that fails, I confirm that I am not dreaming. What more can I add to this technique?]

See, you're already on your way! Very cool! Though you're already doing plenty, I would add a couple of things to the routine:

First, find a way to have the activity happen not "whenever [you] remember to." It would be better if you could have something remind you (like that alarm watch or rabbit's foot I mention above) to remember, rather than have to trust yourself to remember. This is because you will only remember when you're interested in remembering (you can't help that), so you might go for too long of a stretch between state tests (state tests are what you're doing here), and the reinforcement value is diminished. Because you will react differently when reminded randomly, this different reaction might include more interest in paying real attention to what you are doing.

Next, I suggest you add a couple of questions to ask yourself: Don't just ask where you've been and where you're going, but ask yourself why you're going there, or why you left. I know this sounds similar to "my reason for being at said location," but it really is something different. Maybe also ask yourself what effect you're having on the space around you, right now, and what effect that space is having on you -- this might sound silly, but if you think hard, you will find some effect in both

directions every time. What I would not do, though, is ask all these questions every time -- at least not at first (later, with practice, you might find yourself able to ask all of it, and more, without even using words -- another very cool thing in itself). Too many questions will lead to memorizing the answers and doing everything by rote to avoid confusion, and you don't want to go there. Change the questions up instead; ask one or two one time, a couple of others another. And if you think of other questions that mean something to you specially, ask those too. Another thing I would suggest is adding a specific memory test. I know you're asking where you've been, and that's good, but it's also more a question of geography than memory. Try asking yourself what you were doing and thinking exactly fifteen minutes ago. Also, I would include this one question in all your state tests.

One final thing about doing RC's -- never question reality; everything is real, even in dreams(especially when you're not lucid). Ask instead whether this thing you are in is a dream, and then do the RC to confirm. This might sound minor, but it too makes a difference. And note that I managed to get through this whole post without ever once telling you to be patient, and that it will come eventually!

Good luck with your work, lawilahd. I can see you're already well on your way, so maybe luck won't matter...